



NUTRITIONAL ADVOCACY IN AYURVEDA

- A Pictorial Guide



**NATIONAL INSTITUTE OF INDIAN MEDICAL HERITAGE
CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES**

Ministry of Ayush, Government of India

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2021

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PREFACE



Malnutrition is one of the major public health challenges in India. The levels of malnutrition as well as magnitude of poor health indicators like Infant Mortality Rate (IMR), Early Childhood Mortality and Maternal Mortality Ratio (MMR) are still a burden. Considering this, the Government of India has undertaken an initiative 'Poshan Abhiyan' with an objective to reduce stunting, under-nutrition, anemia among young children, women and adolescent girls and reduce low birth weight by at least 2 percent per annum.

Ayurveda emphasizes the nutritional importance of food in prevention and treatment of diseases along with the prescribed medicines. The Sanskrit synonyms denoting human body (viz. kāya, deha, śarīra) are indicative of nutrition dynamics and different metabolic aspects of nutrition such as the term 'kāya' represents growth and development by asset of nutrition, 'deha' stands for anabolism while, 'śarīra' symbolizes catabolism. Ayurveda explains, good mental health is essential for a healthy person and that can be achieved through proper food selection and dietary schedule. Ayurveda concept of āhāra not only deals with eating nutritious food, it also deals with major factors of āhāra like taking suitable anupāna (adjuvants), time, the manner and the place in which it is taken etc. Ayurveda has given a great emphasis on diversified aspects of dietetics and nutrition viz. quality of food, quantity of food, processing methods of food items, rationale of combination of food articles, emotional aspects, nature of the consumer, various geographical and environmental conditions those are pivotal in preservation and promotion of health as well as prevention of disease.

There is ample scope of effective implementation of Ayurveda based nutritional advocacy at various levels of healthcare systems through promotion of evidence based practices like Antenatal care in pregnancy and Ayurveda prophylactic nutritional intervention in pediatrics and geriatrics; development of standard Ayurveda treatment guidelines/protocols for the management of major nutritional problems including PEM (Protein Energy Malnutrition) like marasmus (bālaśoṣa), kwashiorkor (parigarbhikā) etc. and development of "ready to eat" Ayurveda based dietary supplements/interventional diet clinical dietetics like yavāgu, peyā, maṇḍa, vilepi etc. may be frequently used in the hospitals/public healthcare centers.

The present book "Nutritional Advocacy in Ayurveda – A Pictorial Guide" is intended as handy ready reference for the general public's awareness of Ayurveda based nutritional principles (advocacy on nutrition) nutrition. The book briefly illustrates the various principles of healthy eating as prescribed by Ayurveda classics and nutritional benefits of the different commonly used food items.

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INTRODUCTION



Ayurveda, one among the oldest medical health care tradition originated and developed in India with wide scope and utility. The fundamental concepts with a strong theoretical foundation, systematically arranged materia medica, food and dietetics, diagnosis and diagnostic methods, management of diseases through a holistic approach are the core strengths of the system. Ayurveda strongly emphasizes promotive and preventive aspects of health giving prime importance to Āhāra (wholesome diet) or Anna (wholesome food). There are certain unique concepts in Ayurveda related to food, dietetics and nutrition which are comprehensively explained in the form of importance of food; the measure of food; taste of food; code of dining; metabolism; incompatible foods and processes; personalized diet based on individual Prakṛti; wholesome and unwholesome dietary articles; acceptable and unacceptable foods for regular use; foods are that are forbidden for regular and continuous use etc.

The most distinctive concepts are Aṣṭāvāhāravidhiviśeṣāyatanāni – eight aspects that are to be considered while recommending the diet; Dvādaśāsanapravicāra – twelve factors defining quality, frequency and functions of a food; dietary regimen in accordance with six seasons; in different stages of life (childhood, adolescent, pregnancy, middle and old age) and different diseases etc., evidences the well established knowledge on food and health in Ayurveda.

1.1 Description of food in Vedic and other non-medical Sanskrit literature

There are several references for Āhāra and Anna in Vedic and Non-medical Sanskrit literature. Ṛgveda (1500 and 1200 BCE), the oldest significant Sanskrit text describes puruṣa (livelihood-centana) as responsible for life and activities of an individual, governor of immortality (amṛta) and that which is manifested by diet (anna). In Atharvaveda, barley and rice are described as two immortal sons of heaven (AV.VIII.7:20). Taittirīya upaniṣad (600 BC) states that “people are born from food; who all live on this earth have to subsist on food; of all created things food is most important hence it is called as Sarvauṣadha” (Tai.U.II.2). Chāndyogopaniṣad (800–600 BCE) describes the process of assimilation of food and drink as “food which is eaten, gets divided into three parts; that which is its coarsest part becomes faeces; that which is medium, the flesh; and that which is finest the mind. Similarly, Water, which is drunk, gets divided into three parts—that which is its coarsest part becomes urine; that which is medium, the blood; that which is finest, the prāṇa.” (Cha.U.6.5.1–2). Manusmṛti (1500 BC), an ancient legal text among the many Dharmaśāstra says that “food partaken with reverence results in strength and longevity, and the destruction of both, when partaken with disrespect” (Manusmṛti 2.55). Manu Saṁhitā (200 BC–200 AD) gives an account of edible, non-edible and food articles capable of

satisfying manes/ gods. The text states that Bramhā, the god of creation caused sthāvāra (immovable i.e. plants) and jāṅgama (movables i.e. animals) as foods, these can be consumed to sustain life and no sin will be caused if one consumes the edibles daily. Yājñavalkya Saṁhitā (100 AD–200 AD), also gives an account of edible, non–edible and food articles capable of satisfying manes/ gods similar to Manu Saṁhitā. The text states that food should not be eaten which is neither worshiped nor offered with respect to some adorable one; meat not offered to manes/ gods; food that is turned to sour taste; stale food; left in utensil after eating; containing hair, worms, touched by dog; smelled by a cow; left by a bird, deliberately touched foot etc. Viṣṇu Saṁhitā (300 BC–600 AD) gives details of two types of cereals and five types of each fish, birds and nailed animals as edibles. Gheraṇḍa Saṁhitā (1700–1800 AD) cites that “pure, pleasant and agreeable should be eaten half of the stomach; eating thus well flavored food with gratification and leaving the other half of the stomach empty is called mitāhāra – moderated or ideal diet” (Gheraṇḍa Saṁhitā 5.21).

1.2 Ayurvedic Perspective on food

Ayurveda has always emphasized role of food in maintenance of health and prevention of disease. In Suśrutasaṁhitā, it is said that original source of living beings, and their strength, complexion and ojas is diet (Su.S.46.3). The food being an important prerequisite for a healthy life, several classical texts of Ayurveda have elaborate descriptions and dedicated chapters like dravadravyavijñāna (description of various foods and liquids), annarakṣāvidhi (food safety), annapānavidhi (instructions on consumption), mātrāśītiya (food quantity and intake) etc. Some of the salient concepts on food are discussed below.

Āhāra, the Pillar of Life

According to Ayurveda, Āhāra is considered as one of the pillars of life (upastambha), the other two being sleep and controlled sexual activity. Food is said to be responsible for the development of an individual and the disease. The food is wholesome in the case of individuals and unwholesome in the case of the emergence of disease. Broadly wholesome food is defined as the one which maintains the balance of dhātu and retrieves the balance after it has been disturbed.

Food can be broadly classified based on source i.e. plant and animal source; mode of intake as eatable, lickable, drinkable, chewable, partially masticable, and masticable; in terms of physical properties

heavy/light; smooth/rough; oily/dry, soft/hard etc., as twenty groups; according to taste as sweet, sour, salt, pungent, bitter and astringent; and effect on the body as wholesome and unwholesome.

Among the dietary articles, food is said to be best for supporting life; milk for energising; meat for bulk promoting; salt for enhancing the taste of food; honey among kapha and pitta relievers; ghee among vāta and pitta relievers; oil among for vāta and kapha and sugarcane among diuretic (Ca.Sū.25.40).

Measure and time of meals for health

For maintaining good health, an individual should consume proper measures of food. The proper measure is necessary to stimulate digestive fire and may be taken as half of what one can eat of solids and less than what one can consume liquids (AH.Sū.8.1-2). An inadequate amount of food fails to give strength, energy and cause diseases of vāta; whereas excessive quantity increases all the doṣa. The perfect time of meals is after the evacuation of bowels and urine; when the mind is calm, doṣa in equilibrium; belching is clear; flatus move easily; digestive fire is active and individual is hungry and his body is light (AH.Sū.8.56-57).

Taste (Rasa) – Rationale of wholesome concept

In Carakasamhitā, it is clearly mentioned that meal should contain food items with all six tastes. “Sarvarasābhyāso balakaraṇām śreṣṭham” means that a regular intake of all the six tastes in a diet is the



Fig 1: Six tastes

best way to promote bala (strength). Any material in the universe, according to Ayurveda is composed of five basic elements, the Pañcamahābhūta, namely Pṛthvī (earth), Āpya (water), Tejas (fire), Vāyu (air) and Ākāśa (space/ ether) including the human body and the food. Planning and indulging in the diet by balancing these elements maintain the homoeostasis of doṣa in the body. The food contains six basic tastes viz. madhura (sweet), amla (sour), lavaṇa (salt), kaṭu (pungent), tikta (bitter), and kaṣāya (astringent); and each taste has pre-dominance of particular elements of Pañcamahābhūta which exerts a specific effect on bio-

humours and tissue functions. (AH.Sū.10.1). The tastes – sweet, sour and salt pacifies Vāta; pungent, bitter and astringent pacifies Kapha and sweet, bitter and astringent tastes pacifies Pitta.

Code for diet and dining / Dietetic Rules (Āhāravīdhividhāna)

- ▶ The food should be warm as warm food tastes better, stimulate digestion and ease the passage of flatus and mucus.
- ▶ Food should be unctuous as it tastes better, stimulate digestive fire, smoothens the passage of flatus, nourishes the body, strengthens sense organs and enhance strength and complexion.
- ▶ The quantity of food should be adequate neither too much nor too little to aggravate doṣa.
- ▶ One should eat when the previous meal is digested. When food is taken after digestion of previous meal doṣa remain in the normal location; strengthens body digestive fire; body channels (srotas) remain open.
- ▶ Food should contain six tastes with sweet as predominant taste.
- ▶ One should avoid taking food where components have antagonistic properties.
- ▶ One should eat in an agreeable place and with agreeable utensils
- ▶ One should not eat very fast to avoid the risk of aspiration and fail to notice shortcomings in food.
- ▶ One should not eat very slowly because one tends to eat too much; food becomes cold and unsatisfying and impairs digestion.
- ▶ One should not talk and laugh while eating.
- ▶ One should always check that particular food/diet is compatible with oneself.
- ▶ Before to meal one should have taken a bath, felt hungry, and washed his hands, feet and face.
- ▶ Avoid food contaminated by grass, hair, too hot or salty; made of more vegetables or inferior grains.

Food and Metabolism

Ayurvedic physiology clearly defines that energy that drives metabolism is Agni (Biochemical and Genetic factor) and proposes different theories of metabolism. There are 13 types of Agni that are responsible for the metabolic process starting from the gastro-intestinal tract followed by tissue-specific metabolism and elemental level metabolism.

Agni (Metabolic Phenomenon)	Dynamics and Site	
Jāṭharāgni (1)	Transformation GIT Level	Food digestion in the stomach and Gastrointestinal tract is initiated by major Jāṭharāgni. This can be correlated with enzymes, hormones and secretions of digestion.
Dhātvāgni (7)	Transportation and Selection Tissue level	Nutrition and tissue metabolism are carried out by seven Dhātvāgni—at various tissues of the body.
Bhūtāgni (5)	Regulation of Micro Nutrition Organ level Highly Selective	Micro-digestion and bio-transformation at cellular, subatomic and elemental levels are carried out by Bhūtāgni at the gene level.

Theories of metabolism

There are several theories explaining food metabolism through transformation, transportation, selective absorption and regulation processes starting from gastro intestinal tract to the molecular level.

Agni (Metabolic Phenomenon)	Contemporary Understanding	
Kṣīradadhinyāya	-	The transformative process at GIT and Tissue level
Kedārakulyanyāya	-	The transportation process at Tissue and Organ level
Khalekapotanyāya	-	The selective process at Organ Level
Ekakāladhātupoṣaṇa siddhānta	-	The regulation of metabolism at Molecular /Gene level

Diet and Mind

Diet plays an important role in keeping an individual mind healthy and explicit psychopharmacological effects of food led to the classification of food in to following three categories.

- *Sātvika* (Contented state): vegetarian, non-oily, non-spicy articles which are congenial to body and mind.
- *Rājasika* (Excited state): too spicy, hot, sour, salty; excite the mental faculties.
- *Tāmasika* (Lethargic): too oily, heavy food; reduces mental competence.

Prakṛti - A guide to Personalized diet

Prakṛti of an individual is characterized by a set of physical, physiological and psychological attributes. Prakṛti can be assessed by taste preferences like Vāta Prakṛti people have an affinity to sweet, sour and salty taste; Pitta Prakṛti people have a preference for sweet, bitter and astringent and Kapha traits for pungent, bitter and astringent tastes. Based on Prakṛti, the physicians can advice a suitable diet to mitigate perturbed doṣa.

Incompatible foods and Processes

The concept of incompatible foods and processes is widely explained in Ayurveda. Food with incompatible or contradictory qualities has a poisonous effect on the body that aggravates three doṣa and intern leads to disorders like a lump in abdomen, fever, allergic dermatitis, eczema, abscess and other skin diseases. Such incompatible foods and processes are also said to destroy strength, vigour, memory, immunity etc (AH.Sū.7.44). There are 18 forms of incompatibilities described based on the potency of substances; quantity/ dose; processing; time/ season; and combination of substances. Some of the incompatible combinations and their effects –

- Fish with milk – severe indigestion and food poisoning.
- Equal quantity of honey with ghee – ill health
- Processed food or cereals with milk– vitiates Kapha
- Radish consumed with milk– skin diseases.
- Kākamāci cooked with sesamum paste– diarrhoea.



Foods that are for bidden for prolonged use

Ayurveda describes dietary articles which are unwholesome by nature cause illness and their excessive or regular intake is contraindicated and prohibited.

- Pippalī (*Piper longum* L.): The prolonged use causes derangement of homoeostasis of physiology.
- Lavaṇa (Common salt): Continuous use causes premature greying of hair, falling of hair, alopecia and wrinkles of the skin.
- Kṣāra (Alkaline food): Harmful for eyes, hair and heart and causes diminished vision, premature greying of hair, falling of hair.

Wholesome and Unwholesome Food (Pathya and Apathya)

The foods by nature, that are beneficial to large groups of people are considered as wholesome and opposite to it are unwholesome. Some of the wholesome and unwholesome dietary articles are as follows: Apart from above śāli rice, wheat, barley, ṣaṣṭika rice, meat of wild animals, suniṣaṇṇaka, jīvantī, tender radish, vāstuka, pathyā, āmalaka, mṛdvikā, paṭolī, green gram, candied sugar, ghee, rain water, milk, honey, pomegranate and salt are acceptable for regular use (AS.Sū.10.42–43). Condensed milk, curd, solid portion of curd, alkalis, sour gruel, raw radish, meat of emaciated animals, meat of boar, sheep, cow, fish, buffalo; black gram, lablab, lotus stalk, germinated grains, dry vegetables, small barley and inspissated juice of the sugar cane are unacceptable for regular use (AS.Sū.10.40–41).

Category	Wholesome	Unwholesome
Cereals	red variety of śāli	yavaka
Pulses	green gram	black gram
Water	rain water	river water
Vegetable	jīvantī	mustard
Salt	rock salt	ūśara
Fish	rohita	cilacima
Milk	cow milk	Sheep milk
Ghee	ghee from cow milk	ghee from sheep milk
Oils	sesame	safflower
Fruits	grapes	nikuca
Tubers	ginger	āluka
Sugar cane products	candied sugar	phāṇita

Aṣṭāvāhāra vidhiviśeṣāyatanāni (Eight aspects of Food)

Eight aspects of food should be considered while deciding a diet plan of an individual to get the optimum result and to determine the nutritional value of food (Ca.Vi.1.21)

1. Prakṛti (Nature): Properties inherited in the substance
2. Karaṇa (Preparation): Processing of a substance
3. Saṃyoga (Combination): Combination of two or more substances.
4. Rāśi (Quantity): Total quantity of food and relative quantities of different components.
5. Deśa (Place): The place where the substance grows/ occurs
6. Kāla (Time): Seasonal changes
7. Upayogasamsthā (Rule): Varies with different context
8. Upayoktā (Consumer): Getting accustomed to a particular diet depends on individual constitution.



Dvādaśāsanapracicāra (Twelve guidelines for food)

The twelve factors cover the quality, frequency and functions of food. (Su.U.64. 36–44).

S. No.	Type of food	For whom and when
1.	Cold food	Those suffering from, thirst, heat, liquor intoxication, burning sensation, internal bleeding, poisoning, fainting and wasting due to excessive sexual contact.
2.	Hot food	Those suffering from perturbation of Kapha and Vāta; following purgation and lubricant administration; dry body.
3.	Unctuous food	Vātaja constitution, rough body: excessive indulgence in physical or sexual activity.
4.	Rough food	Those having obesity, uncted; suffering from excess Kapha in the body and prameha; following administration of lubricants
5.	Liquid	Persons with emaciation, thirst, and weakness.
6.	Dry food	Those with excess fluid accumulation in the body; wound and prameha.
7.	Once a day	To enhance weak digestive power.
8.	Twice a day	When digestion is normal.
9.	Mixed with drug	When a patient dislikes taking the drug.
10.	Small quantity	Weak digestion and any other various disorders.
11.	To pacify doṣa	When given to suit the changing seasons.
12.	Maintenance of body	Containing all tastes (Rasa).

Classification of Food

Food is considered as original source of living beings, and their strength, complexion and ojas. Irregularity in diet causes diseases. Hence it is very much essential to understand substance, and their effects for maintenance of health and control of diseases. In Ayurveda, food articles are systematically classified based on the form and processing i.e., dravya (solid foods), drava (liquid foods) and kṛtāna (dietary preparations).

Dravyānavarga (Group of Solid foods)

Śūkadhānya/dhānyavarga (Group of cereals): Red variety of śālī, ṣaṣṭika, vrīhī, śyamāka, barley, wheat etc.

Śamidhānya (Group of pulses): Green gram, lentil, pigeon pea, bengal gram, black gram, horse gram, sesamum etc.

Māmsavarga (Group of meat): Meat of aquatic animals, birds, domestic animals etc.

Śākavarga (Group of vegetables): Amaranthus, basella, pumpkin, bottle gourd, bitter melon, gotu kola, lotus seeds, snake cucumber etc.

Haritavarga (Group of salads): Fresh ginger, radish, drum stick, carrot, onion, coriander, garlic etc.

Phalavarga (Fruits): Grapes, pomegranate, jujube, emblica, bael, mango, wood apple, tamarind, dates, coconut, jack fruit, banana etc.

Kandavarga (Group of tubers): Lotus stem, water chest-nut, sūraṇa, varieties of āluka etc.

Lavaṇavarga (Group of salts): Rock salt, black salt, earthen salt, sambhar salt etc.

Āhārayogivarga (accessory food articles): Oils like sesamum oil, mustard oil; spices like dry ginger, black pepper, long pepper, asafoetida, celery, cumin; salts like rock salt, sea salt; and alkalies.

Dravyānavarga (Group of liquid foods)

Jalavarga (Group of water): Rain water, river water, lake water, well water, warm water etc.

Kṣīravarga (Group of milk): Milk of cow, she goat, camel, ewe, buffalo, mare, woman and she elephant).

Dadhivarga (Group of curd): Curd made from milk of cow, she goat, buffalo, camel, ewe, mare, woman and she elephant.

Takravarga (Group of butter milk).

Ghṛtavarga (Group of ghee): Ghee made from milk of cow, she goat, buffalo, camel, ewe, mare, woman and she elephant.

Tailavarga (Groups of oils): Sesamum oil, castor oil, neem oil, linseed oil, mustard oil, safflower oil, karañja oil, tuvaraka oil, mango oil etc.

Madhuvarga (Group of honey): pauttika, bhrāmara, kṣaudra, māksika, chātra, ārghya, auddālaka and dāla.

Ikṣuvarga (Group of sugarcane): paunḍrika, bhīrukam, vaṁśaka, śvetaporaka, kāntāra, tāpasekṣu, etc. on the basis of thickness).

Madyavarga (Group of wine): prasannā, surā, kohala, sīdhu, bakkasa, śītarasika, surāsava, madhvāsava, ariṣṭa, śukta, tuṣāmbu, dhānyamla etc.

Mūtravarga (Group of urine): Urine of cow, she buffalo, goat, sheep, elephant, horse, ass and camel).



Kṛtānnavarga (Group of food preparations)

Akṛtayūṣa (un-spiced vegetable soup)
Aṅgārakarkaṭī (food cooked on earthen ware and burning charcoal)
Bhṛṣṭa taṇḍula (fried grain preparation)
Dhāna (fried grains)
Ghṛtapūra (wheat flour kneaded with milk, coconut and sugar and cooked in ghee)
Kāmbalikā (a type of soup)
Khaḍa (a type of soup)
Khāniṣka (a type of meat preparation)
Kṛśarā (gruel made with sesamum, rice and black gram)
Kṛtayūṣa (spiced vegetable soup)
Kulmāṣa (boiled and spiced grains/ boiled grains of barley)
Kūrcikā (solidified inspissated milk)
Lājamaṇḍa (scum of parched paddy)
Lājapeyā (gruel prepared with parched grains)
Madhuśīrṣaka (fine wheat flour solidified by cooking, sweet and with ghee)
Māmsarasa (meat soup)
Maṇḍa (supernatant of boiled rice)
Odana (boiled rice)
Palāla (sesamum paste mixed with jaggery)
Pānaka (syrup)
Pāyasa (rice cooked with milk)
Peya (light/liquid gruel)
Phenaka (fine wheat flour mixed with moderate quantity of sugar is cooked to the highest degree of ghee)

Pr̥thaka (flattened rice)
Pūpa (milk and sugarcane preparation)
Rasāla (curd added with jaggery)
Rāgaśāḍava (soup of green gram mixed with pomegranate and grapes)
Saktu (flour of roasted grains/parched grain flour)
Samyāva (fine wheat flour kneaded with honey, ghee, and milk; and cooked with sugar mixed with plenty of ghee and added with powder of sugar, cardamom, black pepper and fresh ginger in anew vessel).
Śaṣkulya (wheat flour cooked in ghee)
Ṣaṭṭaka (curd mixed with clove, trikaṭu, pale sugar is churned, then strained and finally mixed with seeds of pomegranate and sprinkled with camphor powder)
Saurāva (supernatant clear portion of meat soup)
Śiṇḍākī (fermented beverage)
Vāṭya (ground barley and wheat)
Vesavāra (preparation with meat, fruits, fat, vegetables, sesamum paste, honey)
Vilepī (thick gruel)
Vimardaka
Viṣyanda (raw flour of wheat mixed with ghee, milk and jaggery and its consistency neither too thin nor too thick)
Yāva (a preparation of barley)
Yāvagū (gruel)
Yūṣa (soup)

1.3 Diet recommendations as per Seasonal variation

Dietary and life–style measures to counteract doṣa during different seasons are comprehensively discussed in Ayurveda. The individual who lives according to the way as described in every season is said to never suffer from severe disorders that are caused by the seasonal factor (Su.U.64.35).



Varṣa (Rainy)

July to September
Astringent, bitter, pungent articles with little liquids; warm, and appetizing diet; the water boiled and then cooled should be taken after mixing with honey.



Śisira (Winter)

January to March
Salty, alkaline, bitter, sour and pungent articles of food; ghee and oil which should be served warm.



Śarad (Autumn)

September to November
Astringent, sweet, and bitter taste; milk; sugarcane products, honey, Śālī rice, green gram and meat of wild animals.



Vasanta (Spring)

March to May
Spicy, rough, pungent, alkaline, and astringent foods which should be served warm and solid; and predominantly barley, green gram, and honey are also appropriate for meal.



Hemanta (Early Winter)

November to January
Salty, alkaline, bitter, sour, and pungent articles of food; ghee and oil which should be served warm.



Grīṣma (Summer)

May to July
Sweet, fragrant, and cold drinks mixed with sugar; food should be cold added with ghee, sweet and with liquids and followed by boiled milk sweetened with sugar in night.

Fig. 2 Dietary regimen during six seasons.



1.4 Nutritional Regimen in different stages of life

Life begins with energy, for survival most living being derive their vital energy from the source of food. The nature, quality, quantity, type of food and nutritional requirements vary according to different stages of life. As the body changes from one stage to another, the quantity, type of food etc., keep changing to meet nutritional requirements. Understanding the stages of life and their salient features is very important in designing and recommending a suitable diet plan.

In Ayurveda, Age is defined as the stage of life, with relation to time. As life starts from the time of conception, Ayurveda recommends certain specific diets to be followed right from conception to delivery.

1.4.1 Dietary recommendations for pregnant, post natal and lactating woman

Ayurveda emphasizes on special care to be taken in women's health at every phase of her life in terms of *rajaḥsvalā paricaryā* (menstrual care), *garbhiṇī paricaryā* (antenatal care) and *sūtikā paricaryā* (post-natal care). During pregnancy, the mother's nutrition bears a great impact on growth and development of foetus. Ayurveda highlights the importance of holistic nutrition right from pre-conception to 6 months after delivery for maintenance of healthy pregnancy, offspring and optimal lactation for achieving the required growth and development of the child.

Month	Recommended diet
First	Cold milk and nutritious food.
Second	Milk cooked with <i>śatāvarī</i> (<i>Asparagus racemosus</i> Willd.), <i>balā</i> (<i>Sida cordifolia</i>)
Third	Milk supplemented with ghee and honey
Fourth	Milk supplemented with butter
Fifth	Milk and ghee
Sixth	Milk and ghee cooked with sweet drugs
Seventh	Milk and ghee
Eighth	Milk gruel with ghee
Ninth	Cooked rice with ghee, meat soup with Ghee.

The woman, after parturition, should be given medicated unctuous gruel or milk gruel. Thereafter rice cooked with meat juice processed with barley, Zizyphus jujuba and horse gram to be given in the diet considering the strength and digestive power.

Sūtikā (post natal woman) should be given easy to digest, a liquid diet like rice gruel, barley gruel, green gram soup with adequate quantity of ghee and oil; food processed with cumin seeds, black pepper, dry ginger and long pepper; and from 8th day onwards meat soup and normal diet. For maintenance of mother's nutritional status and optimum lactation, traditional recipes like methi laddoo or śuṅṭhī (dry ginger) laddoo can be added to the diet plan. Diet and drugs that enhance lactation and allay vitiation of breast milk are to be given appropriately.

1.4.2 Dietary recommendations for Children

Ayurveda emphasizes on nutrition of children for growth, appropriate mile stones, to boost immunity, and maintenance of health. Based on the diet, children are categorized as Kṣīrapa (from birth to 1 year) who are exclusively on breastfeed, Kṣīrānnāda (from age 1–2 years) – who take both breast milk and food and Annāda (above 2 years of age) – who take solid food similar to an adult. Ayurveda recommends exclusive breast-feeding up to 6 months of age; and advises for light and wholesome food along with at the age of 6 months.



Picture Source: Infant and Young Child feeding. One day Sensitizing Module, Ministry of Health and Family Welfare, Govt. of India, August 2016.

A check list of Nutritional interventions in Infant / Children

Age	Nutritional Interventions	Rationale
Immediately after birth	Jātakarma –licking the mixture of honey and ghee	Immune mechanism
	Svarṇaprāśana – administering fine paste of gold	Immunity, Intelligence
	<i>Bacopa monnieri</i> (L.) Wettst. <i>Acorus calamus</i> L. <i>Convolvulus pluricaulis</i> Choisy <i>Sida cordifolia</i> L. <i>Saussurea costus</i> (Falc.) Lipsch. <i>Asparagus racemosus</i> Willd.	Immunity, Intelligence tonic etc.
	First day	Honey + Butter + <i>Hemidesmus indicus</i> , <i>Cynadon dactylon</i> / Gold
Second day	Ghee medicated with herbs	–do–
Third day	Colostrum + ghee + honey	–do–
First month to Third month	Sūryacandra darśana: Exposure to the external environment	Vitamin – D and Hepatic function
Sixth month	Phalaprāśana: Introducing different fruits	Fulfillment of Nutritional demand
Tenth	Annaprāśana: Introducing different cereals and pulses in the diet of an infant.	–do–

To promote health, strength, intellect and life–span, milk–fed children should be given ghee processed vacā, māmsī, śatāvarī, brāhmī, pippalī, haridrā etc.; children fed on milk and solids should be given ghee processed with madhuka, vacā, pippalī, citraka and triphalā; children on solid food should be given ghee processed with brāhmī, marica, drākṣā etc (Su.Śā.10.45).

1.4.3 Nutritional approach during different stages of life

Śārṅgadhara (1300 AD) has given an account sequential decrease of biological qualities during the process of ageing: A suggested Ayurvedic nutritional approach to combat this sequential loss is explained here under.

बाल्यं वृद्धिश्छविर्मैधा त्वग्दृष्टिः शुक्रविक्रमौ। बुद्धिः कर्मेन्द्रियं चेतो जीवितं दशतो हसेत्। (शार्ङ्गधरसंहिता पूर्वखण्ड 6. 20).

Decade	Age (years)	Desired effect	Suggested interventions for the prevention of sequential loss of some biological qualities
First	0-10	Bālya (Childhood)	Vacā [<i>Acorus calamus</i> L.] Kāśmaryā [<i>Gmelina arborea</i> Roxb.]
Second	11-20	Vṛddhi (Growth)	Aśvagandhā [<i>Withania somnifera</i> (L.) Dunal] Balā [<i>Sida cordifolia</i> L.]
Third	21-30	Chavi (Beauty)	Āmalakī [<i>Phyllanthus emblica</i> L.]
Fourth	31-40	Medhā (Intellect)	Śaṅkhapuṣpī [<i>Convolvulus prostratus</i> Forssk.] Jyotiṣmatī [<i>Celastrus paniculatus</i> Willd.]
Fifth	41-50	Tvaca (Skin health)	Bhṛṅgarāja [<i>Eclipta prostrata</i> (L.) L.]
Sixth	51-60	Dṛṣṭi (Visual acuity)	Cakṣuṣyā [<i>Chamaecrista absus</i> (L.) H.S.Irwin & Barneby.], Triphalā, Cow ghee
Seventh	61-70	Śukra (Sexual ability)	Ātmāguptā [<i>Mucuna pruriens</i> (L.) DC.] Aśvagandhā [<i>Withania somnifera</i> (L.) Dunal]
Eighth	71-80	Vikrama (Physical endurance)	Comprehensive Rasāyana interventions to improve physical and psychological Quality of Life.
Ninth	81-90	Buddhi (Mental wisdom)	-do-
Tenth	91-100	Karmendriya (Motor activity)	-do-



1.5 Dietary Recommendations in Selected Diseases

Ayurveda emphasizes primary importance on the wholesome diet (prophylactic and promotive nutrition) while advocacy of specific diet in disease condition (clinical nutrition). Vaidyājīvana (1700 AD), an Ayurvedic text in Sanskrit dedicated to dietetics cites that “If the wholesome diet is given in a planned way there is no need for separate medicinal treatment (prophylactic nutrition) while if the unwholesome diet is being permitted, the advantage of treatment becomes questionable.” Some of the wholesome dietary recommendations in select diseases are–

Āmavāta (Rheumatism)

* old śāli, horse gram, ginger, garlic, celery seeds, cumin seeds, rock salt, black pepper, asafoetida, bitter gourd, drum stick, garlic, ginger, warm water, butter milk, cow urine, castor oil etc.

Arśas (Haemorrhoids)

* barley, wheat, horse gram, red variety of śāli, butter–milk, butter, emblica, black pepper, cow milk, goat milk, butter milk, rice gruel, elephant foot yam (śūraṇa), garlic, ginger, chebulic myrobalan, rock salt, mustard oil etc.

Bhagandara (Fistula-in-ano)

* variety of śāli, green gram, pointed gourd, drum stick, tender radish, sesame oil, mustard oil, ghee, honey, dietary articles having bitter taste etc.

Hṛdroga (Cardiac disorders)

* old red variety of śāli rice, green gram soup, horse gram soup, sweet condiments, sugar candy preparations, elephant apple, snake gourd, banana, matured pumpkin, mango, pomegranate, raisins, new black gram, castor oil, rain water, rock salt, buttermilk of goat and sheep, old jaggary, dry ginger, celery, garlic, chebulic myrobalan, coriander, black pepper, fresh ginger, sour gruel, honey, castor oil etc.

Jvara (Fever)

* water, water boiled with bitter drugs and cooled; decoction prepared from with musta, parpaṭaka, uśīra, candana, udīcyā, nāgara; green gram soup; meat soup; whey, sugarcane juice etc.

Kṣaya (Consumption)

* śāli, wheat, lentils, chick pea, horse gram, black gram, the meat of goat, fresh butter made from goat's milk, goat's milk, ghee made from goat's milk, cow milk, meat preparations, garlic, bamboo sprouts, foods and drinks with a sweet taste, ripened plantain, jack fruit and mango; amla, dates, phalsa, coconut, raisins, tender palmyra palm etc.

Kuṣṭha (Skin disorders)

* light diet, green leafy vegetables bitter in taste, food and ghee prepared by fortifying with marking nut, triphalā and neem, one year old cereals (barley), wheat and śāli, green gram, pigeon pea, lentils, honey, the meat of animals inhabiting from arid area.

Pāṇḍu (Anemia)

* barley, wheat, rice, green gram, pigeon pea, lentil, meat soup, snake gourd, matured pumpkin, amaranthus, brinjal, garlic, ripe mango, ivy gourd, butter milk, ghee, butter etc.

Prameha (Diabetes/ Metabolic disease)

* Old śāli rice, wheat, rice yield in 60 days, green gram, chick pea, horse gram, pigeon pea, barnyard millet, kodo millet, honey, butter milk, oil cake made from sesame seeds, buttermilk, butter, Indian spinach, amaranthus, thorn-apple, jīvanti, tender leaves of drumstick, gruel made of green gram, guḍūcī, emblica, snake gourd, honey, fig, garlic, tender unripe banana, banana flower, elephant apple, bitter gourd, spiny gourd, bitter food etc.

Śopha (Oedema)

* old rice, barley, wheat, horse gram, green gram, fish, old ghee, honey, butter milk, bitter gourd, snake gourd, drum stick, pomegranate, amaranthus, emblica, raisins etc.

Śvāsa (Asthma)

* old rice, wheat, barley, green gram soup, rock salt, drum stick seeds, black pepper, soup prepared from leaves of black night shade plant, drum stick, dry radish etc.



Udara (Disorders of Abdomen)

* old horse gram, green gram, barley, honey, butter-milk, garlic, ginger, castor oil, , bitter gourd, drum stick, cow milk, goat milk etc.

Vātarakta (Gout)

* old barley, wheat, rice, soup of pulses, bengal gram, lentils and makushtha (motha) can be taken by adding plenty of ghee, cow milk, goat milk, buffalo milk; Indian spinach, black night shade, sprouts of asparagus etc.

Vātavyādhi (Disorders of Vāta)

* food containing sufficient fat content, easily digestible, warm food, wheat, horse gram, black gram, brinjal, milk & milk products, garlic, raisins, meat soup, sour fruits etc.

Nutritional Categories in Ayurveda

1. ŚĀLI (Rice)



Botanical Name: *Oryza sativa* L.

Family: Poaceae

Hindi Name: Cāvala (चावल)

Parts used: Grains

Properties and Uses

Śāli is wholesome and beneficial among the cereals to be consumed regularly (nityasevaniyāhāra). It is sweet and astringent in taste, unctuous (snigdha), cold (śīta); light to digest (laghu), appetizing (rucya), tonic (balya), nourishing (br̥mhaṇa), aphrodisiac (vr̥ṣya), diuretic (mūtrala), constipative and reduces quantity of faeces. It is wholesome to heart (hṛdya) and voice (svarya); and alleviates fever (jvara). The red variety of Śāli is wholesome to eyes (cakṣuṣya), enhance virility (śukrala) and promote strength (balya) and growth. It is stomachic (dīpana), diuretic (mūtrala) and wholesome to heart (hṛdya) and voice (svarya); and enhances complexion (varṇya). It is useful in thirst (tṛṣṇā), wound (vraṇa), poisonous disorders (viṣa), cough (kāśā), dyspnoea (śvāsā), burning sensation (dāha) and fever (jvara).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 76.7µg; Protein 7.5 g; Fat 1.0 g; Crude fibre 0.6 g

Vitamins (per 100 g of edible portion)

Carotene 2µg; Thiamine 0.21 mg; Riboflavin 0.16 mg;

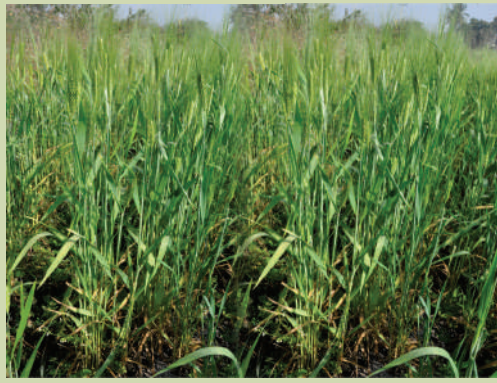
Niacin 3.9 mg; Total B₆ 0.24 mg; Choline 77 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 10 mg; Phosphorus 190 mg; Iron 3.2 mg



2. GODHŪMA (Wheat)



Botanical Name: *Triticum aestivum* L.

Family: Poaceae

Hindi Name: Gehū (गेहूं)

Parts used: Grains

Properties and Uses

Godhūma is one among the cereals recommended for regular use and as wholesome in several diseases. Godhūma is sweet in taste, heavy to digest (guru), unctuous (snigdha), refrigerant (śīta), appetizing (rocana), vitalizing (jīvanīya), nourishing (bṛmhāṇa), laxative (sara), promotes union (sandhānakṛt), strength (balya), stability (sthairyakara), complexion (varṇya) and semen (śukrakara) and beneficial in wounds (vraṇa).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 71.2; Protein 11.8 g; Fat 1.5 g; Crude fibre 1.2 g

Vitamins (per 100 g of edible portion)

Carotene 64 µg; Thiamine 0.45 mg; Riboflavin 0.17 mg;
Niacin 5.5 mg; Total Folic Acid 36.6 µg.

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 41 mg; Phosphorus 306 mg; Iron 5.3 mg;
Magnesium 138 mg; Sodium 17.1 mg;
Potassium 284 mg; Zinc 2.7 mg etc.



3. MADHŪLIKĀ (Finger millet)



Botanical Name: *Eleusine coracana* (L.) Gaertn.

Family: Poaceae

Hindi Name: Maḍuā (मडुआ)

Parts used: Grains

Properties and Uses

Madhulikā is astringent, bitter and sweet in taste, light to digest (laghu), refrigerant (śīta) and pacifies all three doṣa especially pitta. It is tonic (balya), satiating (trptikāraka) and useful in disorders of blood (raktadoṣa) and renal calculus (aśmarī).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 72.0 g; Protein 7.3 g; Fat 1.3 g; Crude fibre 3.6 g

Vitamins (per 100 g of edible portion)

Carotene 42 µg; Thiamine 0.42 mg; Riboflavin 0.19 mg;

Niacin 1.1 mg; Total Folic Acid 18.3 µg.

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 344 mg; Phosphorus 283 mg; Iron 3.9 mg;

Magnesium 137 mg; Sodium 11.0 mg; Potassium 408 mg; Zinc 2.3 mg



4. YAVA (Barley)



Botanical Name: *Hordeum vulgare* L.

Family: Poaceae

Hindi Name: Java (जव)

Parts used: Grains

Properties and Uses

Yava is one among the cereals acceptable for regular use. It is said to be best dietary articles among the producers of faecal bulk and highly recommended in the diet of prameha patients. Yava is astringent and sweet in taste; heavy to digest (guru), dry (rūkṣa), slimy (picchila), increases vāta and pacifies pitta and kapha. It is tonic (balya), aphrodisiac (vṛṣya), anti-diuretic (mūtrahara), anti-obese (medohara/sthauilyavilekhana), stimulates digestive powder (agnidipana), wholesome to voice (svarya) and promotes firmness (sthairyakara), complexion (varṇya) and intellect (medhā); produces abundant flatus and faeces (bahuvātavarcā); it is wholesome for wounds and normalizes rakta and pitta. Yava is useful in obesity (medoroga), diabetes (prameha), thirst (tṛṣṇā), stiffness in the thighs (ūrustambha), disorders of throat (kaṅṭharoga), dyspnoea (śvāsa), cough (kāsa), rhinitis (pīnasa) and skin diseases (tvakroga).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 69.6 g; Protein 11.5 g; Fat 1.3 g; Crude fibre 3.9 g

Vitamins (per 100 g of edible portion)

Carotene 10 µg; Thiamine 0.47 mg; Riboflavin 0.20 mg; Niacin 5.4 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 26 mg; Phosphorus 215 mg; Iron 1.67 mg;

Magnesium 21mg; Manganese 1.03mg; Zinc 1.2 mg etc.



5. YAVANĀLA (JOWAR)



Botanical Name: *Sorghum vulgare L.*

Family: Poaceae

Hindi Name: Juāra (जुआर)

Parts used: Grains

Properties and Uses

Yavanāla is sweet and astringent in taste, dry (rūkṣa), light to digest (laghu), and refrigerant (śīta); pacifies kapha and vitiates vāta when taken inappropriately. It increases appetite (rucya) and strength (balya) and useful in disorders of rakta, kapha and pitta. Yavanāla is recommended in diet of patients suffering with ano-rectal disorders (pathyāgudoroginām) and to alleviate excessive thirst (tṛṣāpaghnam).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 72.6 g; Protein 10.4g; Fat 1.9 g; Crude fibre 1.6 g

Vitamins (per 100 g of edible portion)

Carotene 47 µg; Thiamine 0.37 mg; Riboflavin 0.13 mg;
 Niacin 3.1 mg; Total B6 0.21 mg; Total Folic Acid 20.0 µg.

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 25 mg; Phosphorus 222 mg; Iron 4.1 mg;
 Magnesium 171 mg; Sodium 7.3 mg ; Potassium 131mg; Zinc 1.6 mg etc.



6. MĀṢĀ (BLACK GRAM)



Botanical Name: *Vigna mungo* (L.) Hepper

Family: Leguminosae

Hindi Name: Uḍada (उडद)

Parts used: Seeds

Properties and Uses

Māṣā is heavy to digest (guru); improves appetite (rucya) and eliminates faeces and urine (bhinnapuriṣamūtra). It acts as laxative (samsrana), nourishing (bṛmhaṇa), satiating (tarpaṇa), aphrodisiac (vṛṣya) and promotes strength (balaprada), lactation (stanyaprada), adipose tissue (medas) and muscle (māmsa). It alleviates pain in abdomen (pakṭiśūla), facial palsy (ardita), dyspnoea (śvāsa), haemorrhoids (durnāma) and vāta.

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 59.6 g; Protein 24.0 g; Fat 1.4 g; Crude fibre 0.9 g

Vitamins (per 100 g of edible portion)

Carotene 38 µg; Thiamine 0.42 mg; Riboflavin 0.20 mg;
Niacin 2.0 mg; Total Folic Acid 132 µg; Choline 206 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 154 mg; Phosphorus 385 mg; Iron 3.8 mg;
Magnesium 130 mg; Sodium 39.8 mg; Potassium 800 mg;
Manganese 0.96 mg; Zinc 3.0 mg etc.



7. MUDGA (GREEN GRAM)



Botanical Name: *Vigna radiata* (L.)

R. Wilczek Hepper

Family: Leguminosae

Hindi Name: Mūṁga (मूंग)

Parts used: Seeds

Properties and Uses

Mudga is best among pulses and said to be wholesome and beneficial for regular use (nityasevaniyāhāra). It is sweet in taste, light to digest (laghu), dry (rūkṣa) and pacifies kapha and pitta and does not increase or slightly aggravates vāta. Mudga is astringent (grāhī), tonic (balaprada), nourishing (puṣṭiprada); and promotes complexion (varṇya) and vision (drṣṭiprasādana). It alleviates fever (jvara) and bleeding disorders (raktapitta).

Nutritional value:

Proximate Principles (g/100g)

Carbohydrates 56.7 g; Protein 24.0 g; Fat 1.3 g; Crude fibre 4.1 g

Vitamins (per 100 g of edible portion)

Carotene 94 µg; Thiamine 0.47 mg; Riboflavin 0.27 mg;
Niacin 2.1 mg; Choline 167 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 124 mg; Phosphorus 326 mg; Iron 4.4 mg;
Magnesium 127 mg; Sodium 28.0 mg; Phosphorus 843 mg;
Zinc 3.0 mg etc.



8. | ĀḌHAKĪ (Pigeon Pea)



Botanical Name: *Cajanus cajan* (L.) Millsp.

Family: Leguminosae

Hindi Name: Arahāḍa (अरहड)

Parts used: Seeds

Properties and Uses

Āḍhakī is one among the pulses that are beneficial by nature. It is sweet and astringent in taste, dry (rūkṣa), light to digest (laghu), refrigerant (himā), astringent (grāhī), and pacifies kapha and pitta; and slightly aggravates vāta. It enhances complexion (varṇya) and strength (bala); improves appetite (rucya) and acts as alexipharmic (viṣaghna). It alleviates disorders of pitta, kapha and blood. Its use as external application and/or sprinkling is useful in disorders of adipose tissue (medas), kapha and bleeding disorders (raktapitta).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 57.6 g; Protein 22.3 g; Fat 1.7 g; Crude fibre 1.5 g

Vitamins (per 100 g of edible portion)

Carotene 132 µg; Thiamine 0.45 mg; Riboflavin 0.19 mg;

Niacin 2.9 mg; Total B6 0.54 mg;

Total Folic Acid 103.0 µg; Choline 183 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 73 mg; Phosphorus 304 mg; Iron 2.7 mg;

Magnesium 127 mg; Sodium 28.0 mg; Phosphorus 843 mg;

Zinc 3.0 mg etc.



9. MASŪRA (Lentil)



Botanical Name: *Lens culinaris* Medik.

Family: Leguminosae

Hindi Name: Masūrā (मसूर)

Parts used: Seeds

Properties and Uses

Masūrā is one among the pulses that are beneficial by nature. Masūrā is dry (rūkṣa), light to digest (laghu), refrigerant (himā), flatulent (ādhmānakara), astringent (grāhi), anti-obese (medohanta) and alleviates disorders of rakta, pitta and kapha; and aggravates vāta. They are useful in dysuria (mūtrakṛcchra) and fever (jvara). The soup of prepared with lentils is astringent (grāhī), nourishing (bṛmhāṇa) and anti-diabetic (mehahā).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 59.0 g; Protein 25.1 g; Fat 0.7 g; Crude fibre 0.7 g

Vitamins (per 100 g of edible portion)

Carotene 270 µg; Thiamine 0.45 mg; Riboflavin 0.20 mg;
 Niacin 2.6 mg; Total Folic Acid 36.0 µg; Choline 299 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 69 mg; Phosphorus 293 mg; Iron 7.58 mg;
 Magnesium 80 mg; Sodium 40.1 mg; Potassium 629 mg; Zinc 2.8 mg etc.



10. CAᅇAKA (Chick pea)



Botanical Name: *Cicer arietinum* L.

Family: Leguminosae

Hindi Name: Canā (चना)

Parts used: Seeds

Properties and Uses

Caᅇaka is dry (rūkᅇa), refrigerant (ᅇīta), light to digest (laghu), aggravates vāta and allays kapha, and pitta. It is constipative (viᅇᅇambhī), flatulent (ādhmānakāraka), tonic (balya) and improves appetite (rucya). Caᅇaka when combined with ghee is an excellent pacifier of vāta. It is useful in fever (jvara), diabetes (meha), hyperacidity (amlapitta), thirst (tᅇᅇᅇnā), burning sensation (dāha), obesity (sthaulya) and renal calculi (aᅇmari).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 60.9 g; Protein 17.1 g; Fat 5.3 g; Crude fibre 3.9 g

Vitamins (per 100 g of edible portion)

Carotene 189 µg; Thiamine 0.30 mg; Riboflavin 0.15 mg;
Niacin 2.9 mg; Total Folic Acid 186.0 µg; Vitamin C 3 mg;
Choline 194 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 202 mg; Phosphorus 312 mg; Iron 4.6 mg;
Magnesium 119 mg; Sodium 37.3 mg; Potassium 808 mg; Zinc 6.1 mg etc.



11. TAṆḌULĪYAKA (Amaranthus)



Botanical Name: *Amaranthus viridis* L.

Family: Amaranthaceae

Hindi Name: Caulāī (चौलाई)

Parts used: Leaves, Stem

Properties and Uses

Taṇḍulīya is sweet in taste, light to digest (laghu), refrigerant (śīta), dry (rūkṣa) and alleviates pitta, and kapha. It is diuretic and laxative (sṛṣṭamūtrapurīṣā), appetizing (rucya), stomachic (dīpana), anti-poison (viśahāraka), wholesome to heart (hṛdya) and anti-intoxicant (madanāśana). It alleviates bleeding disorders (raktapitta), burning sensation (dāha), cough (kāsa), consumption (śoṣa) and giddiness (bhrama).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 3.8 g; Protein 5.2 g; Fat 0.3 g; Crude fibre 6.1 g

Vitamins (per 100 g of edible portion)

Vitamin C 179 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 330 mg; Phosphorus 52 mg; Iron 18.7 mg

12. METHIKĀ (Fenugreek)



Botanical Name: *Trigonella foenum-graecum* L.

Family: Leguminosae

Hindi Name: Methī (मेथी)

Parts used: Leaves, Stem, Seeds

Properties and Uses

Methikā is pungent in taste, hot (uṣṇā) and alleviates vāta. It stimulates digestive power (dīptikarā) and useful in tastelessness (aroacaka), fever (jvara), polyurea/ diabetes (prameha) and malabsorption syndrome (grahaṇī).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 6.0 g; Protein 4.4 g; Fat 0.4 g; Crude fibre 1.1 g (leaves)

Vitamins (per 100 g of edible portion)

Carotene 2340 g, Thiamine 0.04 mg, Riboflavin 0.31 mg;

Niacin 0.8 mg, Vitamin C 52 mg (leaves)

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 395 mg; Phosphorus 51 mg; Iron 1.93 mg

Magnesium 33 mg; Sodium 76.1 mg; Potassium 31 mg;

Zinc 0.36 mg (leaves)

13. ALĀBŪ (Bottle gourd)



Botanical Name: *Lagenaria siceraria*
 (Molina) Standl.

Family: Cucurbitaceae

Hindi Name: Laukī (लौकी)

Parts used: Fruit

Properties and Uses

The fresh fruit (devoid of stalk) of sweet bottle gourd is heavy to digest (guru), alleviates pitta and kapha; it is purgative (bhedaka), appetizing (rucikara), aphrodisiac (vr̥ṣya), wholesome to heart (hr̥dya) and increase nourishment of bodily tissues (dhātupuṣṭivivardhana). It is useful in colic/pain (śūla), cough (kāsa), dyspnoea (śvāsa), fever (jvara), oedema (śopha), poisonous disorders (viṣaroga) and wound (vraṇa).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 2.5 g; Protein 0.2 g; Fat 0.1 g; Crude fibre 0.6 g

Vitamins (per 100 g of edible portion)

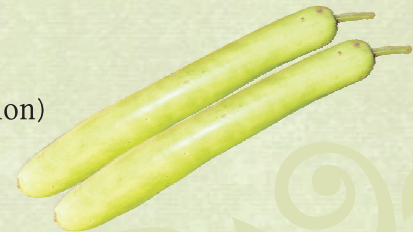
Thiamine 0.03; Riboflavin 0.01; Niacin 0.2 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 20 mg; Phosphorus 10 mg; Iron 0.46 mg;

Magnesium 26 mg; Sodium 1.8 mg;

Phosphorus 87 mg; Zinc 0.22 mg etc.



14. KŪṢMĀṄḌA (Ash Gourd)



Botanical Name: *Benincasa hispida*
(Thunb.) Cogn.

Family: Cucurbitaceae

Hindi Name: पेठा (Peṭhā)

Parts used: Fruit

Properties and Uses

Kūṣmāṅḍa is best among the climbing fruit plants (vallīphala). The fruits are nourishing (bṛmhāṇa), aphrodisiac (vṛṣya), wholesome to heart (hṛdya); and alleviate pitta and vāta and increase kapha. The immature fruits are refrigerant (śīta) and allays pitta; the half-mature one increases kapha; whereas mature fruits are light to digest (laghu), stomachic (dīpana), digestive (pācana), wholesome (pathya), diuretic (bastīśuddhikara) and pacifies all types of doṣa; and useful in urinary retention (mūtrāghāta), dysurea (mūtrakṛchra), diabetes (prameha), renal calculus (aśmarī), thirst (tṛṣṇā) and constipation (malabandha) and mental disorders (cetoṛoga).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 1.9 g; Protein 0.4 g; Fat 0.1 g; Crude fibre 0.8 g

Vitamins (per 100 g of edible portion)

Thiamine 0.06 mg, Riboflavin 0.01mg, Niacin 0.4 mg, Vitamin C 1 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 30 mg; Phosphorus 20 mg; Iron 0.8 mg

15. ŚIGRU (Drumstick)



Botanical Name: *Moringa oleifera* Lam.

Family: Moringaceae

Hindi Name: Sahijan (सहिजन)

Parts used: Leaves, Fruits, Flowers

Properties and Uses

The leaves are pungent in taste, appetizing (rucya), stomachic (dīpana) and digestive (pācana), laxative (sara), wholesome (pathya) and useful in abdominal lump (gulma), abscess (vidradhi), diseases of vāta, fever (jvara), goiter (galagaṇḍa), obesity (medoroga), oedema (śoṣha), splenic disease (plihāroga) and worm infestation (kṛmiroga). The seeds are stomachic (dīpana), astringent (saṅgrāhi), appetizing (rocana) and cardiotoxic (hṛdya); they are useful in abscess (vidradhi), diseases of head (śīroroga), diseases of vāta (vātaroga), excessive sleep (atinidrā), eye diseases (netraroga), goiter (galagaṇḍa), inflammation (śoṭha), abdominal lump (gulma), obesity (medoroga), scrofula (apaci), splenic disease (plihāroga), worm infestation (kṛmiroga) and wound (vraṇa). The flowers pacify kapha and pitta; they are astringent (grāhi), wholesome to eyes (cakṣuṣya) and anthelmintic (kṛmi).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 12.5 g; Protein 6.7 g; 1.7 g; Crude fibre 0.9 g (leaves)

Vitamins (per 100 g of edible portion)

Carotene 6780 µg; Thiamine 0.06 mg; Riboflavin 0.05 mg; Niacin 0.8 mg;

Vitamin C 220 mg (leaves)

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 440 mg; Phosphorus 70 mg; Iron 0.85 mg;

Magnesium 42 mg; Potassium 259 mg; Zinc 0.16 mg etc. (leaves)

16. MŪLAKA (Radish)



Botanical Name: *Raphanus raphanistrum*
subsp. sativus (L.) Domin

Family: Brassicaceae

Hindi Name: Mūlī (मूली)

Parts used: Leaves, Root

Properties and Uses

The tender roots are light to digest (laghu) and pacify vāta, pitta and kapha; stomachic (dīpana), digestive (pācana), appetizing (rucya) and wholesome to heart (hṛdya) and voice (svarya). They are useful in fever (jvara), dyspnoea (śvāsa), rhinitis (pīnasa), taeniasis (dadru), colic (śūlā), dyspepsia (agnimāndya), eruptive skin lesions (koṭha), partial intestinal obstruction (udāvarta), abdominal lump (gulma), haemorrhoids (arśās), consumption (kṣaya), wound (vraṇa) and diseases of nose, throat and eye (nāsākaṅṭhākṣiroganut).

The tender leaves are light to digest (laghu), appetizing (rucya) and digestive (pācana); fruits allays kapha and vāta; flowers allay kapha and pitta; and seeds are useful in cervical adenitis (gaṅḍamālā), cyst (granthi) and psoriasis (sidhma). The leaves processed with oil pacifies all three doṣa and unprocessed leaves aggravates kapha and pitta.

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 3.4 g; Protein 0.7 g; Fat 0.1 g; Crude fibre 0.8 g (root)

Vitamins (per 100 g of edible portion)

Carotene 3.0 µg; Thiamine 0.06 mg; Riboflavin 0.02 mg

Niacin 0.5 mg; Vitamin C 15.0 mg; Choline 63.0 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 35 mg; Phosphorus 22 mg; Iron 0.4 mg

Sodium 33.0 mg; Potassium 138 mg

17. | ŚŪRAṆA (Elephant's Foot Yam)



Botanical Name: *Amorphophallus paeoniifolius* (Dennst.) Nicolson

Family: Araceae

Hindi Name: Sūraṇa (सूरण)

Parts used: Corm

Properties and Uses

Sūraṇa is best among the corm vegetables (kandaśāka) and anti-haemorrhoidal drugs. The corms are stomachic (dīpana), indigestible (viṣṭambhi), appetizing (rucya) and anti-haemorrhoidal (gudakilahṛt). They are useful in abdominal lump (gulma), cough (kāsa), dyspnoea (śvāsa), haemorrhoids (arśas), hypertrophy of prostate (āṣṭhīlā) and splenic disease (plihāroga).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 18.4 g; Protein 1.2 g; Fat 0.1 g; Crude fibre 0.8 g

Vitamins (per 100 g of edible portion)

Carotene 260 µg; Thiamine 0.06 mg;

Riboflavine 0.07 mg; Niacine 0.7 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 50 mg; Phosphorus 34 mg; Iron 0.6 mg



18. KARKOTAKĪ (Small Bitter Gourd)



Botanical Name: *Momordica dioica* Roxb.
ex Willd.

Family: Cucurbitaceae

Hindi Name: Vanakakoḍā (वनककोडा)

Parts used: Fruits

Properties and Uses

The fruits are bitter and slightly sweet in taste, pacify vāta, pitta and kapha; and useful in abdominal lump (gulma), colic (śūla), skin diseases (kuṣṭha), diabetes (meha), cough (kāsa), dyspnoea (śvāsa), fever (jvara) and tastelessness (aruci).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 10.6 g; Protein 2.1 g; Fat 1.0 g; Crude fibre 1.7 g

Vitamins (per 100 g of edible portion)

Carotene 126 µg; Thiamine 0.07 mg; Riboflavine 0.06 mg;

Niacin 0.4 mg; Vitamin C 96 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 23 mg; Phosphorus 38 mg; Iron 2.0 mg

19. VĀSTŪKA (Goosefoot)



Botanical Name: *Chenopodium album* L.

Family: Amaranthaceae

Hindi Name: Bathuā (बथुआ)

Parts used: Leaves, Stem

Properties and Uses

Vāstūka is one among the wholesome leafy vegetables. It is appetizing (rucya), stomachic (dīpana), digestive (pācana), laxative (sara), wholesome to heart (hṛdya), and increase strength (balapradā), semen (śukrapradā), intellect (medhākṛt) and digestive power (agnibalakṛt). It pacifies all three doṣa and useful in splenic disorders (plihāroga), bleeding disorders (asrapitta), haemorrhoids (arśas) and intestinal worms (kṛmi).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 2.9 g; Protein 3.7 g; Fat 0.4 g; Crude fibre 0.8 g

Vitamins (per 100 g of edible portion)

Carotene 1740 µg; Thiamine 0.01 mg; Riboflavin 0.14 mg;

Niacin 0.6 mg; Vitamin C 35 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 150 mg; Phosphorus 80 mg; Iron 4.2 mg

20. PAṬOLA (Pointed Gourd)



Botanical Name: *Trichosanthes dioica* Roxb.

Family: Cucurbitaceae

Hindi Name: Paraval (परवल)

Parts used: Fruits

Properties and Uses

Paṭola is light to digest (laghu), stimulates digestive power (agnidīpanī) and digestion (pācana). It is appetizing (rocana), mild laxative (anulomana), aphrodisiac (vṛṣya) and wholesome to heart (hr̥dya); and useful in cough (kāsa), dyspnoea (śvāsa) disorders of blood (raktavikāra), fever (jvara), worm infestation (kṛmi), itching (kaṇḍū), burning sensation (dāha), thirst (tṛṣā), skin eruptions (koṭha), skin diseases (kuṣṭha) and pacifies all three doṣa. The fruit of paṭola is appetizing (rucikṛt), anthelmintic (kṛmighna) and pacifies all three doṣa. They are useful in fever (jvara), meha (diabetes), skin diseases (kuṣṭha) and cough (kāsa).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 2.2 g; Protein 2.0 g; Fat 0.3 g; Crude fibre 3.0 g

Vitamins (per 100 g of edible portion)

Carotene 153 µg; Thiamine 0.05 mg; Riboflavine 0.06 mg;
Niacine 0.5 mg; Vitamin C 29.0 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 30 mg; Phosphorus 40 mg; Iron 1.7 mg;
Magnesium 9 mg; Sodium 2.6 mg; Potassium 83 mg



21. KOŚĀTAKĪ (Ridged Gourd)



Botanical Name: *Luffa acutangula*
(L.) Roxb.

Family: Cucurbitaceae

Hindi Name: Turaī (तुरई)

Parts used: Fruits

Properties and Uses

The fruits are sweet in taste, light to digest (laghu), unctous (snihdha), refrigerant (hima) increases vāta and kapha and pacifies pitta; stomachic (dīpana), laxative (bhedana) and wholesome to heart (hr̥dya). They are useful in tastelessness (arocaka), cough (kāsa), meha (diabetes), jvara (fever), dyspnoea (śvāsa) and skin diseases (kuṣṭha).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 3.4 g; Protein 0.5 g; Fat 0.1 g; Crude fibre 0.5 g

Vitamins (per 100 g of edible portion)

Carotene 33 µg; Riboflavine 0.01 mg;

Niacine 0.2 mg; Vitamin C 5.0 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 18 mg; Phosphorus 26 mg; Iron 0.39 mg;

Magnesium 32 mg; Sodium 2.9 mg;

Potassium 50 mg; Zinc 0.38 mg etc.



22. | ĀMALAKĪ (Indian Gooseberry)



Botanical Name: *Phyllanthus emblica* L.

Family: Euphorbiaceae

Hindi Name: Āmalā (आमला)

Parts Used: Fruit

Properties and Uses

Āmalakī is widely used fruit in diet and disease. It is one of the best rejuvenating (rasāyana) and anti-ageing (vayaḥsthāpana) drug and highly recommended for its use in prameha. Due to its sour taste, it allays vāta; sweet taste and cold property allays pitta and astigent taste and dry property allays kapha.

The pulp of fruits is rejuvenating (rasāyana), aphrodisiac (vṛṣya) and appetizing (rucya); wholesome to eyes (cakṣuṣya), heart (hṛdya), throat (kañṭhya) and hair (keśya); it promotes union of fracture (bhagnasandhānakṛt) and increases semen (śukrala). They are useful in bleeding disorders (raktapitta), burning sensation (dāha), polyurea/ diabetes (prameha), cough (kāsa), fever (jvara), hyperacidity (amlapitta), thirst (pipāsa), vomiting (chardi), oedema (śopha), fatigue (śrama), constipation (vibandha), flatulence (ādhmāna) and excessive vaginal discharge (pradara).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 13.7 g; Protein 0.5 g; Fat 0.1 g; Crude fibre 3.4 g

Vitamins (per 100 g of edible portion)

Carotene 9 µg; Thiamine 0.03 mg; Riboflavin 0.01 mg;
Niacin 0.2 mg; Vitamin C 600 mg; Choline 256 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 50 mg; Phosphorus 20 mg; Iron 1.2 mg;
Sodium 5.0 mg; Potassium 225 mg



23. DĀḌIMA (Pomegranate)



Botanical Name: *Punica granatum* L.

Family: Lythraceae

Hindi Name: Anāra (अनार)

Parts Used: Fruit

Properties and Uses

The fruits are classified into three types based on taste (rasa) i.e., sweet (madhura), sweet and sour (madhurāmla) and sour (amla). The fruits which are sweet in taste are stomachic (dīpana), digestive (pācana), appetizing (rucya), astringent (grāhi), tonic (balya), spermatogenic (śukrala), nourishing (tarpaka), anti-diarrhoeal (varcovibandhaniya), wholesome to heart (hr̥dya), nervine tonic (medhya), alleviates fatigue (śramahara), bad odour in mouth (mukhadurgandhahara) and disorders of throat and mouth (kañḥāsyaarogaghna). They are useful in anorexia (arocaka), bleeding disorders (raktapitta), cough (kāsa), burning sensation (dāha), diarrhoea (atisāra), fever (jvara), rheumatism (āmavāta) and thirst (tṛṣṇā). The fruits which are sweet and sour in taste are stomachic (dīpana), appetizing (rucya) and slightly increase pitta and light to digest (laghu); and the fruits which are sour in taste aggravate pitta and pacify vāta and kapha.

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 14.5 g; Protein 1.6 g; Fat 0.1 g; Crude fibre 5.1 g

Vitamins (per 100 g of edible portion)

Thiamine 0.06 mg; Riboflavin 0.10 mg; Niacin 0.3 mg; Vitamin C 16 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 10 mg; Phosphorus 70 mg; Iron 1.79 mg;

Magnesium 44 mg; Sodium 0.9 mg; Potassium 133 mg;

Zinc 0.82 mg etc.



24. DRĀKṢĀ (Raisins)



Botanical Name: *Vitis vinifera* L.

Family: Vitaceae

Hindi Name: Munnakā (मुन्नका)

Parts Used: Fruits

Properties and Uses

The fruits are sweet in taste, heavy to digest (guru), unctuous (snigdha) and cold (śīta). They are appetizing (rucipradā), nourishing (puṣṭikṛt), aphrodisiac (vr̥ṣya), diuretic and laxative (sṛṣtamūtraviṭ). and wholesome to eyes (cakṣuṣya), heart (hr̥dya) and voice (svarya); They are useful in thirst (tṛṣṇā), fever (javra), dyspnoea (śvāsa), gout (vātāsra), jaundice (kāmalā), dysurea (kṛcchra), bleeding disorders (asrapitta), burning sensation (dāha), consumption (śoṣa), alcoholism (madātyayā) and bitterness in mouth (tiktāsyata).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 13.1 g; Protein 0.6 g; Fat 0.4 g; Crude fibre 2.8 g

Vitamins (per 100 g of edible portion)

Carotene 3 µg; Thiamine 0.04 mg; Riboflavin 0.03 mg;

Niacin 0.2 mg; Vitamin C 1 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 20 mg; Phosphorus 23 mg; Iron 0.5 mg

25. | KADALĪ (Banana)



Botanical Name: *Musa x paradisiaca* L.

Family: Musaceae

Hindi Name: Kelā (केला)

Parts Used: Fruit

Properties and Uses

The unripened fruits are unctuous (snigdha) and alleviate vāta, bleeding disorders (raktapitta), thirst (tṛṣṇā), burning sensation (dāha) and consumption (kṣatakṣaya). The ripened fruits are sweet in taste, refrigerant (hima), heavy to digest (guru), aphrodisiac (vṛṣya), nourishing (bṛmhāṇa), appetizing (rucikṛt), tonic (balya), spermatogenic (śukravivṛddhida), constipative (viṣṭambhi) and promote muscle growth (māmsakṛt) and complexion (kantidā). They are useful in excessive appetite (kṣut), thirst (tṛṣṇā), eye diseases (netragada), bleeding disorders (raktapitta) and polyurea / diabetes (meha) and exhaustion (klama). Apart from fruits, the flowers, stem and rhizomes are used as dietary article.

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 27.2 g; Protein 1.2 g; Fat 0.3 g; Crude fibre 0.4 g

Vitamins (per 100 g of edible portion)

Carotene 78 µg; Thiamine 0.05 mg; Riboflavin 0.08 mg;
 Niacin 0.5 mg; Vitamin C 7 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 17 mg; Phosphorus 36 mg; Iron 0.36 mg;
 Magnesium 41 mg; Sodium 36.6 mg; Potassium 88 mg;
 Zinc 0.15 mg etc.



26. NĀRIKELA (Coconut Palm)



Botanical Name: *Cocos nucifera* L.

Family: Arecaceae

Hindi Name: Nāriyala (नारियल)

Parts Used: Fruit (Endosperm)

Properties and Uses

The endosperm is tonic (balya), aphrodisiac (vṛṣya), bulk promoting (bṛṃhaṇa), diuretic (bastiśodhaka), wholesome to heart (hṛdya), and indigestible (viṣṭambhi); it is useful in bleeding disorder (raktapitta), burning sensation (dāha), colic/pain (śūla), consumption (kṣataksaya), emaciation (śoṣa) and thirst (tṛṣṇā).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 18.4 g; Protein 6.8 g; Fat 62.3 g; Crude fibre 6.6 g (dry)

Carbohydrates 13.0 g; Protein 4.5 g; Fat 41.6 g; Crude fibre 3.6 g (fresh)

Vitamins (per 100 g of edible portion)

Thiamine 0.08 mg; Riboflavin 0.01 mg; Niacin 3.0 mg;

Total Folic Acid 16.5 µg; Vitamin C 7 mg (dry)

Thiamine 0.05 mg; Riboflavin 0.10 mg; Niacin 0.8 mg;

Total Folic Acid 12.5 µg; Vitamin C 1 mg (fresh)

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 400 mg; Phosphorus 210 mg; Iron 7.8 mg (dry)

Calcium 10 mg; Phosphorus 240 mg; Iron 1.7 mg (fresh)

27. | MAKHĀNA (Fox Nut)



Botanical Name: *Euryale ferox* Salisb.

Family: Nymphaeaceae

Hindi Name: Makhāna (मखान)

Parts Used: Seeds

Properties and Uses

The properties and uses of Makhāna are similar to the properties and uses of lotus seeds i.e., they are heavy to digest (guru), refrigerant (śīta), constipative (viṣṭambhaka), aphrodisiac (vṛṣya), astringent (grāhī), tonic (balya), sustains pregnancy (garbhasthāpana), increases vāta and kapha and useful in disorders of blood (raktavikāra) and burning sensation (dāha).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 76.9 g; Protein 9.7 g; Fat 0.1 g; Crude fibre 3.6 g

Vitamins (per 100 g of edible portion)

Calcium 20 mg; Phosphorus 90 mg; Iron 1.4 mg

28. KHARJŪRA (Wild Date Palm)



Botanical Name: *Phoenix dactylifera* L.

Family: Arecaceae

Hindi Name: पिंड़खजूरा (पिंडखजूर)

Parts Used: Fruit

Properties and Uses

The dried fruits are sweet in taste, unctuous (snigdha) and cold (śīta); they are tonic (balya), pleasing (tarpaṇa), nourishing (bṛmhaṇa), appetizing (rucya), aphrodisiac (vṛṣya), cardi tonic (hṛdya) and spermatogenic (śukrala). They are useful in abdominal lump (gulma), alcoholism (madātyaya), bleeding disorder (raktapitta), burning sensation (dāha), colic/pain due to pitta (pittaśūla), cough (kāsa), polyurea/diabetes (prameha), distaste of mouth (mukhavairasya), dyspnoea (śvāsa), fainting (mūrccā), fatigue (śrama), fever (jvara), hiccough (hikkā), injury (abhighāta), consumption (kṣatakṣaya), phthisis (kṣaya) and thirst (tṛṣṇā). The fresh fruits promote muscle growth (māṃsavardhaka), semen (śukrakara), appetite (rucikara) and strength (balya). They are cardi tonic (hṛdya), tonic (balya), pleasing (tarpaka), emetic (vāmaka) and anti-fatigue (śramahara). They are useful in alcoholism (madātyaya), bleeding disorder (raktapitta), burning sensation (dāha), cough (kāsa), dyspnoea (śvāsa), fainting (mūrccā), fever with diarrhoea (jvarātisāra), injury (abhighāta), consumption (kṣatakṣaya) and thirst (tṛṣṇā).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 75.8 g; Protein 2.5 g; Fat 0.4 g; Crude fibre 3.9 g. (Dry Dates)

Carbohydrates 33.8 g; Protein 1.2 g; Fat 0.4 g; Crude fibre 3.7 g. (Fresh Dates)

Vitamins (per 100 g of edible portion)

Carotene 26 µg; Thiamine 0.01 mg; Riboflavin 0.02 mg;

Niacin 0.9 mg; Vitamin C 3 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 120 mg; Phosphorus 50 mg; Iron 7.3 mg (Dry Dates)

Magnesium 12 mg; Manganese 0.03 mg; Zinc 0.03 mg (Fresh Dates).

29. | AKṢOṬĀ (Wall nut)



Botanical Name: *Juglans regia* L.

Family: Juglandaceae

Hindi Name: Akhroṭa (अखरोट)

Parts Used: Cotyledons

Properties and Uses

The cotyledons are sweet in taste, heavy to digest (guru), unctuous (snigdha), laxative (sara) and hot (uṣṇa); pacifies vāta and pitta; and aggravates kapha. They are appetizing (rucya), nourishing (bṛmhāṇa), tonic (balya), spermatogenic (śukrala), aphrodisiac (vṛṣya), wholesome to heart (hṛdya) and constipative (viṣṭambhi). They are useful in consumption (kṣatakṣaya), burning sensation (dāha), disorders of rakta and vāta.

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 11.0 g; Protein 15.6 g; Fat 64.5 g; Crude fibre 2.6 g

Vitamins (per 100 g of edible portion)

Carotene 6 µg; Thiamine 0.45 mg; Riboflavin 0.40 mg; Niacin 1.0 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 100 mg; Phosphorus 380 mg; Iron 2.64 mg;

Magnesium 302 mg; Manganese 2.62 mg; Zinc 2.32 mg etc.

30. VĀTĀDA (Almond)



Botanical Name: *Prunus dulcis* (Mill.) D.A.Webb

Family: Rosaceae

Hindi Name: Bādām (बादाम)

Parts Used: Kernel

Properties and Uses

The kernels are sweet in taste, unctuous (snigdha), hot (uṣṇa), heavy to digest (guru), pacifies vāta, aphrodisiac (vṛṣya), increase semen (śukrakṛd) and beneficial for the patients of bleeding disorders.

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 10.5 g; Protein 20.8 g; Fat 58.9 g; Crude fibre 1.7 g

Vitamins (per 100 g of edible portion)

Thiamine 0.24 mg; Riboflavin 0.57 mg; Niacin 4.4 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 230 mg; Phosphorus 490 mg; Iron 5.09 mg;

Magnesium 373 mg; Manganese 1.88 mg; Zinc 3.57 mg etc.

31. | JĪRAKA (Cumin)



Botanical Name: *Cuminum cyminum* L.

Family: Apiaceae

Hindi Name: Jīrā (जीरा)

Parts Used: Fruit

Properties and Uses

The fruits are pungent in taste, dry (rūkṣa), light to digest (laghu), slightly increase pitta and pacify kapha and vāta. They are stomachic (dīpana), appetizing (rucya), astringent (saṁgrāhī), digestive (pācana), tonic (balya), aphrodisiac (vṛṣya), galactagogue (stanyadā), intellect promoting (medhya) and wholesome to eyes (cakṣuṣya) and heart (hṛdya). They are useful in fever (jvara), flatulence (ādhmāna), abdominal lump (gulma), vomiting (chardi), diarrhoea (atisāra), malabsorption syndrome (grahaṇī) and intestinal worms (kṛmi).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 36.6 g; Protein 18.7 g; Fat 15.0 g; Crude fibre 12.0

Vitamins (per 100 g of edible portion)

Carotene 522 µg; Thiamine 0.55 mg; Riboflavin 0.36 mg;

Niacin 2.6 mg; Vitamin C 3 mg; Choline 1066 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 1080 mg; Phosphorus 511 mg; Iron 11.7 mg;

Magnesium 475 mg; Sodium 126.0 mg; Potassium 980 mg;

Manganese 1.02 mg; Zinc 2.66 mg etc.

32. | HARIDRĀ (Turmeric)



Botanical Name: *Curcuma longa* L.

Family: Zingiberaceae

Hindi Name: Haldī (हल्दी)

Parts Used: Rhizome

Properties and Uses

The rhizomes are pungent and bitter in taste, light to digest (laghu) and dry (rūkṣa), hot (uṣṇa), alexipharmic (viṣaghna), enhance complexion (varṇya); pacifies kapha and pitta; diseases of skin (kuṣṭhaghna), anthelmintic (kṛmighna) and anti-diabetic (pramehanāśaka). They are useful in polyurea/diabetes (prameha), disorders of skin (kuṣṭha/ tvakroga), itching (kaṇḍū), pallor (pāṇḍu), poisonous disorders (viṣaroga), rhinitis (pīnasa), swelling/oedema (śoṭha), urticaria (śītapitta) and wound (vraṇa) and scrofula (apacī).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 69.4 g; Protein 6.3 g; Fat 5.1 g; Crude fibre 2.6 g

Vitamins (per 100 g of edible portion)

Carotene 30 µg; Thiamine 0.03 mg;

Niacin 2.3 mg; Total Folic Acid 18.0 µg.

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 150 mg; Phosphorus 282 mg; Iron 67.8 mg;

Magnesium 278 mg; Manganese 8.38 mg; Zinc 2.72 mg etc.



33. | ŚUNṬHĪ (Ginger)



Botanical Name: *Zingiber officinale* Roscoe

Family: Zingiberaceae

Hindi Name: Adarakh (अदरख)

Parts Used: Rhizome

Properties and Uses

The dried rhizomes are pungent in taste, unctuous (snigdha), hot (uṣṇa), stomachic (dīpana), digestive (pācana), mild laxative (anulomana) and wholesome to heart (hṛdya). They are useful in abdominal lump (gulma), chronic rhinitis (pīnasa), digestive impairment (agnimāndya), dyspnoea (śvāsa), filariasis (ślipada), flatulence with gurgling sound (ādhmāna), pallor (pāṇḍu) and rheumatism (āmavāta).

The fresh rhizomes are pungent in taste, hot (uṣṇa), sharp (tikṣṇa), stomachic (dīpana), appetizing (rocana), purgative (bhedana), aphrodisiac (vṛṣya) and wholesome to voice (svarya). They are useful in constipation (vibandha), colic (śūla), oedema/swelling (śopha) and disorders of throat (kaṇṭharoga).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 12.3 g; Protein 2.3 g; Fat 0.9 g; Crude fibre 2.4 g. (Fresh ginger)

Vitamins (per 100 g of edible portion)

Carotene 40 µg; Thiamine 0.06 mg; Riboflavin 0.03 mg;

Niacin 0.6 mg; Vitamin C 6 mg (Fresh ginger)

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 20 mg; Phosphorus 60 mg; Iron 3.5 mg;

Magnesium 405 mg; Manganese 5.56 mg; Zinc 1.93 mg etc. (Fresh ginger)

Magnesium 187 mg; Manganese 12.91 mg; Zinc 0.82 mg etc (Dry Ginger)



34. SARṢAPA (Field Mustard)



Botanical Name: *Brassica rapa* L.

Family: Brassicaceae

Hindi Name: सरसों (सरसों)

Parts Used: Seeds, Seed oil, Leaves

Properties and Uses

The seeds are pungent and bitter in taste, unctuous (snigdha) and sharp (tikṣṇa), hot (uṣṇa) and pacify kapha and vāta; increases digestive powder (agni) and pitta. They are stomachic (dīpana), wholesome to heart (hṛdya) and useful in skin diseases (kuṣṭha), itching (kaṇḍū) and intestinal worms (koṣṭhakṛmī).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 23.8 g; Protein 20.0 g; Fat 39.7 g; Crude fibre 1.8 g. (seeds)

Carbohydrates 3.2 g; Protein 4.0 g; Fat 0.6 g; Crude fibre 0.8 g. (leaves)

Vitamins (per 100 g of edible portion)

Carotene 162 µg; Thiamine 0.65 mg; Riboflavin 0.26 mg;

Niacin 4.0 mg; Choline 211 mg (Oil)

Carotene 2622 µg; Thiamine 0.03 mg; Vitamin C 33 mg (leaves).

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 490 mg; Phosphorus 700 mg; Iron 7.9 mg (seeds)

Calcium 155 mg; Phosphorus 26 mg; Iron 16.3 mg (leaves)

Manganese 2.56 mg; Zinc 4.80 mg (Oil)

35. | YAVĀNĪ (Carum)



Botanical Name: *Trachyspermum ammi* (L.)

Sprague

Family: Apiaceae

Hindi Name: Ajavāyana (अजवायन)

Parts Used: Fruit

Properties and Uses

The fruits are pungent and bitter in taste; easy to digest (laghu), hot (uṣṇa) and sharp (tīkṣṇa); increases pitta and decreases kapha, vāta and semen (śukra). They are stomachic (dīpanī), digestive (pācanī), appetizing (rucya), wholesome to heart (hr̥dya) and useful in disorders of abdomen (udara), abdominal distension (ānāha), abdominal lump (gulma), colic (śūla), splenic diseases (plīhā), worm infestation (kṛmi), haemorrhoids (arśas) and vomiting (chardi).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 24.6 g; Protein 17.1 g; Fat 21.8 g; Crude fibre 21.2 g

Vitamins (per 100 g of edible portion)

Carotene 71 µg.; Thiamine 0.21 mg; Riboflavin 0.28 mg; Niacin 2.1 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 1525 mg; Phosphorus 443 mg; Iron 12.5 mg

Magnesium 141 mg; Manganese 0.96; Zinc 4.52 mg

36. MISREYĀ (Fennel)



Botanical Name: *Foeniculum vulgare*
Mill.

Family: Apiaceae

Hindi Name: Saunpha (बडी सौंफ)

Parts Used: Fruit

Properties and Uses

The dried ripe fruits are sweet, pungent and bitter in taste; light to digest (laghu) and dry (rūkṣa); refrigerant (śīta), pacifies vāta and pitta. They act as stomachic (dīpanī), digestive (pācanī), tonic (balya), mild laxative (anulomana), wholesome to heart (hṛdya), anti-spasmodic (śūlaghṛt), anthelmintic (kṛmihṛt) and said to decrease semen (śukra). They are useful in burning sensation (dāha), loss of appetite (aruci), digestive impairment (agnimāndya), colic (śūla), cough (kāsa), disorders of rakta (raktadoṣa), dysentery (pravāhikā), haemorrhoids (arśas), intestinal worms (kṛmi), splenic disases (plihāroga), vomiting (chardi) and vaginal pain (yonīśūla).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 52 g; Protein 15.8 g; Fat 14.9 g; Crude fibre 40 g

Vitamins (per 100 g of edible portion)

Thiamine 0.41 mg; Vitamin C 21 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 1196 mg; Phosphorus 487 mg; Iron 18.5 mg



37. ŚATAPUṢPĀ (Indian Dill)



Botanical Name: *Anethum sowa* Roxb.
ex Fleming

Family: Apiaceae

Hindi Name: Soā, soyā (सोआ, सोया)

Parts Used: Fruit

Properties and Uses

The dried ripe fruits are pungent and bitter in taste, light to digest (laghu) and hot (uṣṇa); pacifies vāta and kapha; and increases digestive powder (agnidīpanī) and intellect (medhyā). They are useful in fever (jvara), eye diseases (netraroga), thirst (tṛṣṇā), wound (vraṇa), colic (śūla), diarrhoea (atisāra) and vomiting (vami).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 5.2 g; Protein 3.0 g; Fat 0.5 g; Crude fibre 1.1 g

Vitamins (per 100 g of edible portion)

Riboflavin 0.13 mg; Niacin 0.20 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 190 mg; Phosphorus 42 mg; Iron 17.4 mg



38. LAŚUNA (Garlic)



Botanical Name: *Allium sativum* L.

Family: Amaryllidaceae

Hindi Name: Lahsuna (लहसुन)

Parts Used: Bulb

Properties and Uses

The bulbs are pungent in taste, unctuous (snigdha), heavy to digest (guru), hot (uṣṇa) and alleviates vāta and pitta. They are depurative (raktadoṣahara), stomachic (dīpana), rejuvenating (rasāyana), tonic (balya), aphrodisiac (vṛṣya), promotes union of fracture (bhagnasandhānakara) and complexion (varṇya); they act as nervine tonic (medhya), vermifuge (jantughna) and wholesome to heart (hr̥dyā), throat (kaṇṭhya) and eyes (cakṣuṣya). They are useful in chronic fever (jīrṇajvara), colic (śūla), cough (kāsa), disorders of heart (hr̥droga), dyspnoea (śvāsa), earache (karṇāśūla), epilepsy (apasmāra), female reproductive disorders (yonivyāpat), gastro-enteritis (visūcikā), haemorrhoids (arśas), hiccough (hikkā), intermittent fever (viṣamajvara), abdominal lump (gulma), maggots in wound (vraṇakṛmi), obesity (medoroga), pain in sacro-iliac region (trikaśūla), consumption (kṣaya), psychosis (unmāda), rhinitis (pratiśyāya), skin disorders (kuṣṭha), splenomegaly (plihāvṛddhi), swelling (śoṣha), colic/ pain due to vāta (vātaśūla), disorders of vāta (vātavyādhi) and worm infestation (kṛmiroga).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 29.8 g; Protein 6.3 g; Fat 0.1 g; Crude fibre 0.8 g

Vitamins (per 100 g of edible portion)

Thiamine 0.06 mg; Riboflavin 0.23 mg; Niacin 0.4 mg; Vitamin C 13 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 30 mg; Phosphorus 310 mg; Iron 1.2 mg;

Magnesium 71 mg; Manganese 0.86 mg; Zinc 1.93 mg



39. ELĀ (Cardamom)



Botanical Name: *Elettaria cardamomum* (L.) Maton

Family: Zingiberaceae

Hindi Name: Choṭī Ilāyacī (छोटी इलायची)

Parts Used: Fruit, Seeds

Properties and Uses

The fruits/ seeds are pungent in taste, light to digest (laghu), refrigerant (śīta), appetizing (rocana), stomachic (dīpana), mild laxative (anulomana), diuretic (mūtrala) and wholesome to heart (hṛdya). They are useful in cough (kāsa), dyspnoea (śvāsa), tastelessness (aruci), vomiting (chardi) and dysurea (mūtrakṛcchra).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 42.1 g; Protein 10.2 g; Fat 2.2 g; Crude fibre 20.1 g

Vitamins (per 100 g of edible portion)

Thiamine 0.22 mg; Riboflavin 0.17 mg;

Niacin 0.8 mg; Choline 1550 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 130 mg; Phosphorus 160 mg; Iron 4.6 mg;

Magnesium 173 mg; Manganese 8.92 mg;

Zinc 2.81 mg etc.



40. TVAK (Cinnamom)



Botanical Name: *Cinnamomum verum* J.Presl

Family: Lauraceae

Hindi Name: Dālacīnī (दालचीनी)

Parts Used: Inner bark

Properties and Uses

The inner bark is pungent, bitter and sweet in taste, light to digest (laghu), dry (rūkṣa), sharp (tīkṣṇa) and hot (uṣṇa); pacifies kapha and vāta. Cinnamom is appetizing (rucya), anthelminthic (kṛmighna), diuretic (bastiśodhana) and enhance complexion (varṇya). It is useful in dryness of mouth (mukhaśoṣa), thirst (tṛṣṇā), cough (kāsa), diseases of throat (kaṇṭharoga), diseases of mouth (mukharoga), rhinitis (pīnasa), worm infestation (kṛmiroga), disorders of bladder (vastiroga), haemorrhoids (arśas), disorders of heart (hṛdroga), disorders of head (śīroroga), loss of appetite (aruci), itching (kaṇḍū) and rheumatism (āmavāta).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 80.6 g; Protein 4.0 g; Fat 1.2 g; Crude fibre 53.1 g.

Vitamins (per 100 g of edible portion)

Niacin 1.33 mg; Vitamin C 3.8 mg

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 1002 mg; Phosphorus 64 mg; Iron 8.3 mg



41. UṢṄODAKA (Warm water)



Hindi Name: Garam panī (गरम पानी)

Therapeutic use

Uṣṅodaka is light to digest (laghu), hot (uṣṅa) in property, enhances the process of digestion and maintains normalcy of vāta. It is useful in cough (kāsa), cold, catarrh/ chronic rhinitis (pīnasa), dyspnoea (śvāsa), abdominal distension (ādhmāna), hemorrhoids (arśas) and to reduce excess fat tissue (medodhātu).

Uṣṅodaka is wholesome (pathya) during internal oleation (snehapāna), after major purificatory procedures (śodhana) & post therapy dietetic regimen for revival (saṃsarjana karma).

42. DUGDHA (Milk)



Hindi Name: Dūdha (दूध)

Properties and Uses

Milk is said to be congenial to all living beings “sarvaprāṇabhṛtām sātmyam.” Among all types of milk, cow milk is said to be best and wholesome. Cow milk is vitalizing (jīvaniya), rejuvenating (rasāyana), tonic (balya), nourishing (br̥mhaṇa), aphrodisiac (vṛṣya), stimulates digestive power (dīpana) and promotes intellect (medhya), life-span (āyusya), semen (śukra), breast milk (stanya), nourishment to body tissues (dhātuvardhana) and Ojas. It is advised in disease conditions like chronic fever (jīrṇajvara), emaciation/consumption (kṣaya/ śoṣa), chest injury (kṣatakṣiṇa), dyspnoea (śvāsa), cough (kāsa), oedema (śopha), anaemia (pāṇḍu), dysentery (pravāhikā), chronic inflammatory bowel disease (jīrṇagrahaṇī), diarrhoea (atisāra), thirst (tṛṣṇā), fainting (mūrchā), intoxication (mada), giddiness (bhrama), dryness of mouth (mukhaśoṣa), burning sensation (dāha), fatigue (śrama), exhaustion (klama), abdominal colic (śūla), amlapitta (hyperacidity), partial obstruction of faeces (udāvarta), irregular state of agni (viṣamāgni), abortion (garbhapāta), disorders of female reproductive disorders (yoniroga) and seminal disorders (śukraroga).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 4.4 g; Protein 3.2 g; Fat 4.1 g; Crude fibre 0.8 g

Vitamins (per 100 g)

Carotene 53 µg; Thiamine 0.05 mg; Riboflavin 0.19 mg; Niacin 0.1 mg;

Total Folic Acid 8.5 µg; Vitamin C 2 mg

Minerals and Trace elements (mg per 100 g)

Calcium 120 mg; Phosphorus 90 mg; Iron 0.3 mg

Sodium 73.0 mg; Potassium 140.0 mg

43. TAKRA (Butter Milk)



Hindi Name: Chācha (छाछ)

Properties and Uses

Takra made from cow milk is pleasing (prīṇana) and satiating (tṛptikāraka). It improves appetite (rocana), digestive powder (dīpana) and digestion (pācana). It is beneficial in swelling (śoṭha), haemorrhoids (arśas), malabsorption syndrome (grahaṇī), obstruction to urine (mūtrāghāta), abdominal diseases (udararoga), anaemia (pāṇḍu) and poisonous disorders (viṣaroga).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 0.5 g; Protein 0.8 g; Fat 1.1 g

Minerals and Trace elements (per 100 g)

Calcium 30 mg; Phosphorus 30 mg; Iron 0.1 mg

44. | GHṚTA (Ghee)



Hindi Name: Ghī (घी)

Properties and Uses

Ghṛta made from cow milk is said to be best among all the ghee. Daily use of Ghṛta is regarded as best anti-ageing (vayahsthāpana) and rejuvenating (rasāyana). It increases digestive power (agnivardhana), intellect (medha), semen (śukravardhana) and complexion (varṇaprasādana); it is softening (mṛdukara), anti-toxic (viṣaghna) and beneficial to voice (svarya), eyes (cakṣuṣya) and Ojas. Ghee is useful in consumption (śoṣa) and chest injury (kṣatakṣīṇa).

Nutritional value

Proximate Principles (g/100g)

Fat: 100 g

Vitamins

Carotene 600 µg

45. | MADHU (Honey)



Hindi Name: Śahad (शहद)

Properties and Uses

Honey is stomachic (dīpana), appetizing (rocana) and has an excellent action of cleansing of wound and healing (vraṇaśodhanaropaṇam) and tissue binding (sandhāniya). It is beneficial to eyes (cakṣuṣya), voice (svarya), complexion (varṇya), and intellect (medhākara); and promotes of spermatogenesis (śukrakara) and aphrodisiac (vṛṣya).

Old honey is dry (rūkṣa), pacifies three doṣa, astringent (grāhī) and useful in obesity (meda).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 79.5 g; Protein 0.3 g

Minerals and Trace elements (mg per 100 g of edible portion)

Calcium 5 mg; Phosphorus 16 mg; Iron 0.696 mg

46. | GUḌA (Jaggery)



Hindi Name: Guḍa (गुड़)

Properties and Uses

Jaggery is unctuous (snigdha) and heavy to digest (guru). Newly made jaggery is tonic (balya), nourishing (bṛmhaṇīya), diuretic (mūtraśodhana) and said to nourish bodily tissues viz., bone marrow (majjā), connective tissue (asṛk), adipose (medas) and muscular (māṃsa).

One year old jaggery is known as Purāṇa guḍa, it pacifies all three doṣa; and said to be wholesome (pathya), increases digestive power (agnijanana), appetizing (rucikara), haematinic (asṛkprasādana), beneficial to heart (hṛdya) and relieves fatigue (śrama). It is useful in dyspnoea (śvāsa), cough (kāsa), anaemia (pāṇḍu) and diabetes (prameha). Jaggery in combination is said to relieve fever (jvara) and excessive heat (santāpa).

Nutritional value

Proximate Principles (g/100g)

Carbohydrates 95 g; Protein 0.4 g; Fat 0.1 g

Minerals and Trace elements (per 100 g)

Calcium 80 mg; Phosphorus 40 mg; Iron 2.64 mg

47. SAINDHAVA LAVANA (Rock salt)

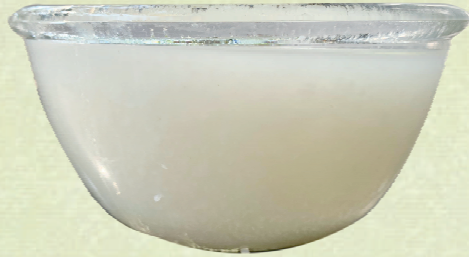


Hindi Name: Saindhānamaka (सैन्धानमक)

Properties and Uses

Saindhavalavana is best among the salts. It stimulates digestive agni (dīpana) and digestive (pācana). It is considered as aphrodisiac (vṛṣya), wholesome to heart (hṛdya) and eyes (cakṣuṣya).

48. | YAVĀGŪ (Gruel)



Hindi Name: Yavāgū (यवागू)

Method of Preparation

Yavāgū, a food preparation included in the dietary and treatment regimen of several diseases. It is prepared by cooking one part of cereals (rice, wheat, barley etc.) with six parts of water till attains semisolid to thick consistency (devoid of liquid portion).

Properties and uses

It stimulates digestive power (dīpana), acts as mild laxative (anulomana) and brings lightness in the body. It is recommend in fever (jvara), diarrhoea (atisāra) and thirst (tṛṣṇā). Caraka described 28 types of Yavāgu with different therapeutic applications and also recommended administration of Yavāgū in the treatment protocol of acute fever (taruṇajvara).

Some of the Yavāgū preparations mentioned by Caraka are as follows

- Yavāgu prepared with pippalī, pippalīmūla, cavya, citraka and nāgara stimulates digestive agni and relieves pain in abdomen.
- Yavāgu prepared with viḍaṅga, pippalīmūla, śigru, marica and butter milk is advised in worm infestation.
- Yavāgu prepared with fried gavedhukā consumed with honey acts as reducing (karṣaṇa).
- Yavāgu prepared with apamārga pacifies excess appetite.

49. | MAṄḌA (Supernatant of boiled rice)



Hindi Name: Maṅḍa (मंड)

Method of Preparation

Maṅḍa, a supernatant fluid of boiled grains is considered as best among all the food preparations (kṛtānnavarga). It is prepared by boiling one part of cereals (rice, wheat, barley or parched grains etc.) with four parts of water.

Properties and uses

Maṅḍa is light to digest (laghu), stimulates digestive agni (agniyananī), astringent (grāhī), digestive (pācana), regularizes physiological movement of vāta (vātānulomana), maintains equilibrium in bodily tissue (dhātusāmyatā), smoothens passage of srotas and induce sweating. It allays fatigue (śrama), thirst (tṛṣṇā), consumption (śoṣa), kapha, pitta, diarrhoea (atīsāra), renal calculus (aśmarī) and fever (jvara).

- Maṅḍa prepared with red variety of śālī is sweet in taste, cold, astringent (grāhī) in action and recommended in diabetes (prameha) and renal calculi (aśmarī). Maṅḍa prepared with white variety of śālī is advised in consumption (śoṣa), diabetes (prameha) and renal calculi (aśmarī).
- Maṅḍa prepared with fried barley (vāṭya) is astringent in taste and hot; it is stomachic (dīpana), digestive (pācana), astringent (grāhī), pacifies pitta, ślēṣma, anila and useful in constipation (vibandha), abdominal distension (ānāha), abdominal pain (śūla) and acute fever (taruṇajvara).
- Maṅḍa prepared with parched grains (lāja) added with long pepper and ginger is considered as wholesome, stimulate digestion and digestive power (pācana and dīpana), wholesome to heart (hṛdyā) and regularize physiological movement of vāta (vātānulomana).

50. PEYĀ (Liquid Gruel)



Hindi Name: Peyā (पेया)

Method of Preparation

Peyā, a liquid gruel prepared with boiling grains (rice, wheat, barley, parched grains etc.) in fourteen parts of water. The grains are cooked in said proportion of water till they become soft and maximum watery portion (dravādhikā) of the preparation is collected with few grains of cooked rice (svalpasikthā).

Properties and uses

It is easily digestible (laghutarā) and thereby increases digestive agni (dīpanī) and digestion (pācanī). It is astringent (grāhī) in action, tonic (balya), increase nourishment of body tissues (dhātupuṣṭidā), cleanses urinary bladder (bastiśodhana), regularizes physiological movement of vāta (vātānulomanī) and induce sweating. It is advised to relieve exhaustion (glāni), thirst (pipāsa), dysurea (kṣucchra), diarrhoea (ātisāra) weakness (daurbalya), abdominal disorders (kukṣiroga) and fever (jvara).

51. VILEPĪ (Thick gruel)



Hindi Name: Vilepī (विलेपी)

Method of Preparation

Vilepī, a thick gruel has predominantly solid portion than liquid (ghanasiktha). It is prepared by cooking cereals (rice, wheat, barley etc.) with four parts of water.

Properties and uses

Vilepī is light to digest (laghu), stimulates digestive power (agnijananī), astringent (grāhīṇī) in action, tonic (balya), nourishing (santarpaṇī) and wholesome to heart (hṛdya). It is useful in excessive appetite (kṣut) and thirst (tṛṣṇā) and wholesome for the patients of wound (vraṇa) and diseases of eye (akṣiroga).

52. | KṚŚARĀ (Kichidi, Pongal)



Hindi Name: Kicidi (किचिडी)

Method of Preparation

Kṛsarā popularly known as kichidi prepared with grains and pulses especially with rice and green gram cooked in water and added with salt, ginger, asafoetida etc.

Properties and uses

It is heavy to digest (guru), nourishing (puṣṭiprada), pacifies vāta and increases pitta, kapha, strength (balya) and semen (śukra).



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Key to Transliteration

अ	a	क	ka	प	pa
आ	ā	ख	kha	फ	pha
इ	i	ग	ga	ब	ba
ई	ī	घ	gha	भ	bha
उ	u	ङ	ṅa	म	ma
ऊ	ū	च	ca	य	ya
ऋ	ṛ	छ	cha	र	ra
ए	e	ज	ja	ल	la
ऐ	ai	झ	jha	व	va
ओ	o	ञ	ña	श	śa
औ	au	ट	ṭa	ष	ṣa
अं	aṁ	ठ	ṭha	स	sa
अः	aḥ	ड	ḍa	ह	ha
क	ka	ढ	ḍha	क्ष	kṣa
ख	kha	ण	ṇa	त्र	tra
ग	ga	त	ta	ज्ञ	jña
औ	au	थ	tha		
अं	aṁ	द	da		
अः	aḥ	ध	dha		
		न	na		

Abbreviations used in the text

AH.Sū.	Aṣṭāṅgahr̥daya Sūtrasthāna
AV.	Atharvaveda
Cha.U.	Chāndyogopaniṣad
CS.Śā.	Carakasamhitā Śārīrasthāna
CS.Sū.	Carakasamhitā Sūtrasthāna
CS.Vi.	Carakasamhitā Vimānasthāna
SS.Ci.	Suśrutasamhitā Cikitsāsthāna
SS.Śā.	Suśrutasamhitā Śārīrasthāna
SS.Sū.	Suśrutasamhitā Sūtrasthāna
SS.U.	Suśrutasamhitā Uttaratāntra
Tai.U.	Taittareya Upaniṣad

Annexure 1 Sanskrit Name Index

Aḍhakī (p) – 28	Kṛśara (fp) – 70	Sarṣapa (fa) – 54
Akṣoṭa (f) – 49	Kūṣmāṇḍa (v) – 34	Śatapuṣpā (fa) – 57
Alābū (v) – 33	Laśuna (fa) – 58	Śigru (v) – 35
Āmalakī (f) – 42	Madhu (l) – 65	Śuṅṭhī (fa) – 53
Caṅaka (p) – 30	Madhūlikā (c) – 23	Śūraṇa (v) – 37
Dāḍima (f) – 43	Makhāna (f) – 47	Takra (l) – 63
Drākṣa (f) – 44	Maṇḍa (fp) – 69	Taṇḍuliyaka (v) – 31
Dugdha (l) – 62	Māṣa (p) – 26	Tvak (fa) – 60
Elā (fa) – 59	Masūra (p) – 29	Uṣṇodaka – 61
Ghr̥ta (l) – 64	Methikā (v) – 32	Vāstuka (v) – 39
Godhūma (c) – 22	Miśreya (fa) – 56	Vātāda (f) – 50
Guḍa – 66	Mudga (p) – 27	Vilepī (fp) – 71
Haridrā (fa) – 52	Mūlaka (v) – 36	Yava (c) – 24
Jīraka (fa) – 51	Nārikela (f) – 46	Yavāgu (fp) – 68
Kadalī (f) – 45	Paṭola (v) – 40	Yavanāla (c) – 25
Karkoṭakī (v) – 38	Peyā (fp) – 70	Yavānī (fa) – 55
Kharjūra (f) – 48	Saindhava lavaṇa (s) – 67	
Koṣātakī (v) – 41	Śālī (c) – 21	

[c: cereals; f: fruits and its associated parts; fa: food additive;
fp: food preparations; l: liquids; p: pulses; s: salts; v: vegetables].

English/ Botanical Name Equivalent Index

<i>Allium sativum</i> L. – 58	Gruel – 68
<i>Amaranthus viridis</i> L. – 31	Liquid gruel – 70
<i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson – 37	<i>Luffa acutangula</i> (L.) Roxb. – 41
<i>Anethum sowa</i> Roxb. ex Fleming – 57	Milk – 62
<i>Benincasa hispida</i> (Thunb.) Cogn. – 34	<i>Momordica dioica</i> Roxb. ex Willd. – 38
<i>Brassica rapa</i> L. – 54	<i>Moringa oleifera</i> Lam. – 35
Butter milk – 63	<i>Musa x paradisiaca</i> L. – 45
<i>Cajanus cajan</i> (L.) Millsp. – 28	<i>Oryza sativa</i> L. – 21
<i>Chenopodium album</i> L. – 39	<i>Phoenix dactylifera</i> L. – 48
<i>Cicer arietinum</i> L. – 30	<i>Phyllanthus emblica</i> L. – 42
<i>Cinnamomum verum</i> J. Presl – 60	<i>Prunus dulcis</i> (Mill.) D.A. Webb – 50
<i>Cocos nucifera</i> L. – 46	<i>Punica granatum</i> L. – 43
<i>Cuminum cyminum</i> L. – 51	<i>Raphanus raphanistrum</i> subsp. <i>sativus</i> (L.) Domin – 36
<i>Curcuma longa</i> L. – 52	Rock Salt – 67
<i>Elettaria cardamomum</i> (L.) Maton – 59	<i>Sorghum vulgare</i> L. – 25
<i>Eleusine coracana</i> (L.) Gaertn. – 23	Supernatant of boiled rice – 69
<i>Euryale ferox</i> Salisb. – 47	Thick gruel – 71
<i>Foeniculum vulgare</i> Mill. – 56	<i>Trachyspermum ammi</i> (L.) Sprague – 55
Ghee – 64	<i>Trichosanthes dioica</i> Roxb. – 40
Honey – 65	<i>Trigonella foenum-graecum</i> L. – 32
<i>Hordeum vulgare</i> L. – 24	<i>Triticum aestivum</i> L. – 22
Jaggery – 66	<i>Vigna mungo</i> (L.) Hepper – 26
<i>Juglans regia</i> L. – 49	<i>Vigna radiata</i> (L.) R. Wilczek – 27
Kichidi – 72	<i>Vitis vinifera</i> L. – 44
<i>Lagenaria siceraria</i> (Molina) Standl. – 33	Warm Water – 61
<i>Lens culinaris</i> Medik. – 29	<i>Zingiber officinale</i> Roscoe – 53

